This is a digital copy of a book that was preserved for generations on library shelves before it was carefully scanned by Google as part of a project to make the world's books discoverable online.

It has survived long enough for the copyright to expire and the book to enter the public domain. A public domain book is one that was never subject to copyright or whose legal copyright term has expired. Whether a book is in the public domain may vary country to country. Public domain books are our gateways to the past, representing a wealth of history, culture and knowledge that's often difficult to discover.

Marks, notations and other marginalia present in the original volume will appear in this file - a reminder of this book's long journey from the publisher to a library and finally to you.

Usage guidelines

Google is proud to partner with libraries to digitize public domain materials and make them widely accessible. Public domain books belong to the public and we are merely their custodians. Nevertheless, this work is expensive, so in order to keep providing this resource, we have taken steps to prevent abuse by commercial parties, including placing technical restrictions on automated querying.

We also ask that you:

+ *Make non-commercial use of the files* We designed Google Book Search for use by individuals, and we request that you use these files for personal, non-commercial purposes.

+ *Refrain from automated querying* Do not send automated queries of any sort to Google's system: If you are conducting research on machine translation, optical character recognition or other areas where access to a large amount of text is helpful, please contact us. We encourage the use of public domain materials for these purposes and may be able to help.

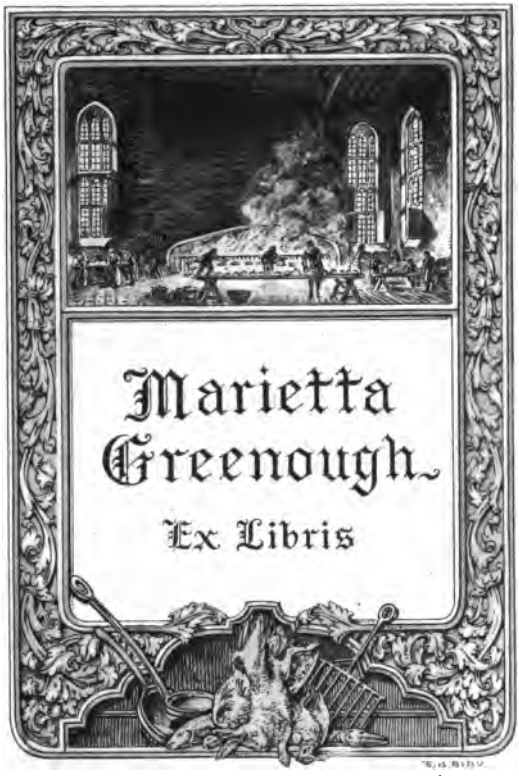
+ *Maintain attribution* The Google "watermark" you see on each file is essential for informing people about this project and helping them find additional materials through Google Book Search. Please do not remove it.

+ *Keep it legal* Whatever your use, remember that you are responsible for ensuring that what you are doing is legal. Do not assume that just because we believe a book is in the public domain for users in the United States, that the work is also in the public domain for users in other countries. Whether a book is still in copyright varies from country to country, and we can't offer guidance on whether any specific use of any specific book is allowed. Please do not assume that a book's appearance in Google Book Search means it can be used in any manner anywhere in the world. Copyright infringement liability can be quite severe.

About Google Book Search

Google's mission is to organize the world's information and to make it universally accessible and useful. Google Book Search helps readers discover the world's books while helping authors and publishers reach new audiences. You can search through the full text of this book on the web at `http://books.google.com/`

Med 5059.16.6



Harvard College Library
RECEIVED BY BEQUEST
SEPTEMBER 8, 1926

Marietta Greenough ✓

EAT AND BE WELL

IF YOU WILL SELECT, COMBINE AND PROPORTION YOUR FOOD ACCORDING TO YOUR AGE, YOUR WORK AND THE TIME OF THE YEAR,

YOU WILL GET WELL

AND

YOU WILL KEEP WELL;

IF YOU ARE OVERWEIGHT YOU WILL REDUCE AND IF YOU ARE UNDERWEIGHT YOU WILL GAIN TO NORMAL.

THE AUTHOR.

EAT AND BE WELL

EAT AND GET WELL

EUGENE CHRISTIAN, F.S.D.

ALFRED · A · KNOPF
NEW YORK MCMXVI

Med 5059.16.6

HARVARD COLLEGE LIBRARY
BEQUEST OF
MRS. CHESTER N. GREENOUGH
SEPTEMBER 20, 1926

COPYRIGHT, 1916, BY
EUGENE CHRISTIAN

PRINTED IN THE UNITED STATES OF AMERICA

THE PURPOSE OF THIS BOOK

The more you think of it, the more probable it seems that very many indeed of human illnesses are caused by wrong eating. Dr. Christian says that 90 per cent. of disease is so caused. The doctor stands almost alone in the United States to-day as a food specialist and I asked him to prepare this book in the confident belief that it would prove of very great value to almost any one who might chance upon it. Dr. Christian is not a faddist and people who have followed his advice have almost invariably improved. The menus in this book are not experimental; each has already been successfully prescribed.

ALFRED A. KNOPF,
Publisher.

The Borzoi,
25 April, 1916.

PREFACE

The advice and the food prescriptions contained in this book are the "boiled down" result of twenty years' practical experience in prescribing diet for the cure of disease and the maintenance of health.

My experience was gained in studying the food question and its relation to disease, both in this country and abroad, and prescribing a special diet for thousands of people in every walk of life from infancy to old age.

Every meal and every diet given in this work has been selected from the records in my files. Each and every one of them have been prescribed by me for the disorder named in their heading, and only those that produced the *best* results were selected for this work.

My investigations have convinced me that about ninety per cent. of all human disease originates in the stomach and is caused by wrong eating and drinking. This book gives in a condensed form the actual menus and the system of SCIENTIFIC EATING that has relieved a great deal of human suffering by removing its causes.

EUGENE CHRISTIAN.

CONTENTS

PAGE

What True Food Is 1

Digestion, or How Food is Prepared to Enter the Blood 5

What Our Body is Composed of, and How to Select Its Best Food 8

CURATIVE AND REMEDIAL MENUS

Spring and Summer Menus, Autointoxication, Low Vitality, Anemia 15

Fall and Winter Menus, Autointoxication, Low Vitality, Anemia 16

Spring and Summer Menus, Constipation — Mild . 17

Fall and Winter Menus, Constipation — Mild . . 18

Spring Menus, Constipation (Chronic), Nervousness 19

Summer Menus, Constipation (Chronic), Nervousness 22

Fall Menus, Constipation (Chronic), Nervousness . 24

Winter Menus, Constipation (Chronic), Nervousness 25

Spring and Summer Menus, Abnormal Appetite, Stomach Irritation 26

Fall and Winter Menus, Abnormal Appetite, Stomach Irritation 27

Spring Menus, Superacidity, Fermentation, Sour Stomach, Intestinal Gas, Flatulency, Irregular Heart Action, Dizziness, Vertigo, Fevered Stomach and Lips, Cankers on the Tongue, Nervousness, Mental Depression and Insomnia 28

PAGE

Summer Menus, Superacidity, Fermentation, Sour Stomach, Intestinal Gas, Flatulency, Irregular Heart Action, Dizziness, Vertigo, Fevered Stomach and Lips, Cankers on the Tongue, Nervousness, Mental Depression and Insomnia 29

Fall Menus, Superacidity, Fermentation, Sour Stomach, Intestinal Gas, Flatulency, Irregular Heart Action, Dizziness, Vertigo, Fevered Stomach and Lips, Cankers on the Tongue, Nervousness, Mental Depression and Insomnia 30

Winter Menus, Superacidity, Fermentation, Sour Stomach, Intestinal Gas, Flatulency, Irregular Heart Action, Dizziness, Vertigo, Fevered Stomach and Lips, Cankers on the Tongue, Nervousness, Mental Depression and Insomnia 31

Spring and Summer Menus, Bright's Disease . . 32

Fall and Winter Menus, Bright's Disease . . . 33

Spring and Summer Menus, Indigestion (Chronic) 34

Fall and Winter Menus, Indigestion (Chronic) . 35

Indigestion (Acute) 36

Spring and Summer Menus, Biliousness — Headache — Sluggish Liver 37

Fall and Winter Menus, Biliousness — Headache — Sluggish Liver 38

Cirrhosis of the Liver 39

Spring and Summer Menus, Cirrhosis of the Liver 40

Fall and Winter Menus, Cirrhosis of the Liver . . 41

Foods to be used in the Treatment of Cirrhosis of the Liver 42

Spring and Summer Menus, Diarrhœa — Dysentery 43

Fall and Winter Menus, Diarrhœa — Dysentery . 44

Spring Menus, Appendicitis 45

PAGE

Summer Menus, Appendicitis 46
Fall Menus, Appendicitis 47
Winter Menus, Appendicitis 48
Spring and Summer Menus, Laboring Man, Lunch in Shop, Underweight — Anemic 49
Fall and Winter Menus, Laboring Man, Lunch in Shop, Underweight — Anemic 50
Spring and Summer Menus, Emaciation — Underweight, Rather Anemic 51
Fall and Winter Menus, Emaciation — Underweight, Rather Anemic 52
Spring and Summer Menus, Obesity — Irregular Heart Action — Nervousness 53
Fall and Winter Menus, Obesity — Irregular Heart Action — Nervousness 54
Spring and Summer Menus, Malnutrition . . . 55
Fall and Winter Menus, Malnutrition 56
Spring and Summer Menus, Nasal Catarrh . . . 57
Late Summer and Early Fall Menus, Nasal Catarrh 58
Late Fall and Early Winter Menus, Nasal Catarrh . 59
Spring and Summer Menus, Rheumatism — Gout — Lumbago — Sciatica — Arthritis, Stiffness in the Joints 60
Fall and Winter Menus, Rheumatism — Gout — Lumbago — Sciatica — Arthritis, Stiffness in the Joints 61
Spring and Summer Menus, for Diabetes . . . 63
Fall and Winter Menus, for Diabetes 64
Spring and Summer Menus, Weak Digestion (Almost Invalid) 65
Fall and Winter Menus, Weak Digestion (Almost Invalid) 66

CONTENTS

PAGE

No Appetite 67
Spring and Summer Menus, No Appetite . . . 68
Fall and Winter Menus, No Appetite 69
Spring and Summer Menus, Nervousness, Building up the Nervous System 70
Fall and Winter Menus, Nervousness, Building up the Nervous System 71
Spring Menus, Nervous Indigestion 72
Summer Menus, Nervous Indigestion 73
Fall Menus, Nervous Indigestion 74
Winter Menus, Nervous Indigestion 75
Spring and Summer Menus, for Business Man, Nervous, Irritable Stomach, and Intestinal Trouble 76
Fall and Winter Menus, for the Business Man, Nervous, Irritable Stomach, and Intestinal Trouble 77
Letter of Advice Accompanying Menus for Business Man 79
Spring and Summer Menus for Mental Worker to Increase Mental Efficiency 80
Fall and Winter Menus for Mental Worker . . . 81
Author's Note Concerning Special Diet 82
Letter of Advice Concerning Special Diet . . . 82
E. W. B.
Diet Instructions Sample Diet for Seven Days . . 84
Introduction to Normal Menus 89
Spring and Summer Menus for the Normal Child from 3 to 5 Years of Age 90
Fall and Winter Menus for the Normal Child from 3 to 5 Years of Age 91
Spring and Summer Menus for the Normal Youth from 5 to 10 Years of Age 92

PAGE

Fall and Winter Menus for the Normal Youth from 5 to 10 Years of Age 93
Spring and Summer Menus for the Normal Youth from 10 to 15 Years of Age 94
Fall and Winter Menus for the Normal Youth from 10 to 15 Years of Age 95
Spring and Summer Menus for the Normal Person from 15 to 20 Years of Age 96
Fall and Winter Menus for the Normal Person from 15 to 20 Years of Age 97
Spring and Summer Menus for the Normal Person from 20 to 33 Years of Age 98
Fall and Winter Menus for the Normal Person from 20 to 33 Years of Age 99
Spring and Summer Menus for the Normal Person from 33 to 50 Years of Age 100
Fall and Winter Menus for the Normal Person from 33 to 50 Years of Age 101
Spring and Summer Menus for the Normal Person from 50 to 65 Years of Age 102
Fall and Winter Menus for the Normal Person from 50 to 65 Years of Age 103
Spring and Summer Menus for the Normal Person from 65 to 80 Years of Age 104
Fall and Winter Menus for the Normal Person from 65 to 80 Years of Age 105
Corrective Menus for Young People 10 to 20 Years of Age (Spring Time) 106
Corrective Menus for Young People 10 to 20 Years of Age (Summer) 107
Corrective Menus for Young People 10 to 20 Years of Age (Fall) 108
Corrective Menus for Young People 10 to 20 Years of Age (Winter) 109

PAGE

Hot Weather Advice 110
Hot Weather Menus for the Normal Person . . . 111
Hot Weather Menus for the Prevention of Sunstroke and Heat Prostration 112
Cold Weather Menus for the Normal Person . . 113
Spring Menus, Athletic Diet 114
Summer Menus, Athletic Diet 115
Fall Menus, Athletic Diet 116
Winter Menus, Athletic Diet 117
Spring Menus for the Nursing Mother 118
Summer Menus for the Nursing Mother 119
Fall Menus for the Nursing Mother 120
Winter Menus for the Nursing Mother 121
Dietetic Do's 122
Dietetic Don'ts 123
Recipes: Bran Gems — Coddled Eggs — Whipped Omelet — Salads — Malted Milk — Buttermilk — Clabbered Milk — Sassafras Tea — Wheat Hominy — Cooking En-Casserole — Soaked Prunes 124
Malted Milk 126
Scientific Reasons Why Tobacco, Liquor, Tea, Coffee and Laxative Drugs Should Not Be Used . 127
Nervousness 130
Coated Tongue 130
Colds — The Cause 131
Colds — The Remedy 131
Rheumatism 132
Value of Water Drinking 132
What the Weight Should Be According to Height . 133

WHAT TRUE FOOD IS

Food is a word commonly used to describe everything we eat. Many things are called food merely because we are in the habit of eating them, but everything we eat is not food in the true sense of the word.

True foods are those things only that can be made into human energy, or that can be made a part of the human body. If people would study this question they would discard a great many things from the table. The preparation of our food would become very much easier and much less expensive.

Many people eat too much of one thing and not enough of others. In other words, they do not balance their diet. If people eat too much meat, and not enough fresh vegetables, their bodies will contain too much protein and not enough of the various mineral salts which are very useful and healthful. If they eat too much bread and meat they are very apt to have rheumatism or gout, especially after they are grown.

The following articles contain everything the body needs in any climate or at any age.

Fats	Grains
Eggs	Vegetables
Milk	Fruits

The best fat foods are butter, cream, olive oil, and nuts.

Eggs contain all the elements necessary to make the little chick. Milk contains all the elements necessary to build up the young calf. Both milk and eggs should be taken fresh.

The best grains are wheat, corn, oats and rice.

While both grains and fruits are of the vegetable kingdom, the vegetables to which we refer in the above table are such things as carrots, parsnips, turnips, beets, cabbage, onions, potatoes, spinach, lettuce, celery, peas, beans, squash and all the others known as fresh or green vegetables. No one can have good health without eating a certain amount of these excellent foods.

The best fruits are bananas, grapes, apples, pears, peaches, plums, persimmons, oranges, dates, figs, and raisins.

The banana is one of the best foods known to science, but it should not be eaten until it is "dead ripe." When the banana is very ripe it can be eaten with meals, for it is very much like bread, sweet potatoes or squash. It is better to eat all of the other fruits between meals, because the acid they contain sometimes sours or ferments our food if eaten with meals.

The flesh of another animal is not man's true food. Man is not by nature a carnivorous or flesh-eating animal. A very learned man, Hon. R. Russell of London, England, a few years ago went to every civilized country in the world to find out what the

different people eat and how it affected them. He spent many years studying man's diet. When he came back he wrote a book called: "The Diet of Nations." He shows in this book that the people who do not eat flesh are healthier, stronger, and have more endurance than those who do.

Putting all meat together in one class, only about one-third of its total weight is food. What it is composed of may be divided as follows:

MEAT CONTAINS ABOUT { 22 per cent. protein / 12 per cent. fat / 66 per cent. water }

We can get plenty of protein from milk, eggs, dried beans, peas or wheat, all of which are true foods. We can get the best fat from butter, cream, olive oil, nuts or refined cotton-seed oil. We can get better water than any meat contains from a spring, or even a hydrant.

The water in meat is largely urea. Urea is one of the waste products of the body that comes from the tearing down or decomposition of the proteid matter of which the muscles of the animal are composed. All work, exercise, or play causes this tearing down process. The urea is the waste matter from the used-up tissue, just as the ashes are the waste matter from the used-up wood or coal.

Both the protein and fat — the two food elements in meat — are entirely tasteless. It is the urea in the water or juice of the meat that gives it both its flavor and taste. Our taste for meat, or for the urea in meat, is not natural. It is cultivated or acquired,

just as it is for pickles or beer. When people eat meat, especially red meat, they should eat very little bread, but plenty of fresh vegetables.

The red or blood meats contain a great deal more uric acid than the light or white meats. Therefore fish, or the white meat of chicken or turkey, is much better than beef, mutton or pork.

DIGESTION, OR HOW FOOD IS PREPARED TO ENTER THE BLOOD

Did you ever think how strange it is that such things as bread, milk, potatoes and apples can be made into flesh, blood, bones, teeth, hair and finger-nails? Did you ever think how strange it is that an egg or a glass of milk can be made into the force or power to strike a ball, or jump a fence; or that ordinary bread and butter can be made to send our thoughts up to the North Pole, down to the Panama Canal, or over to England, or across to China in an instant? There is no inventor, chemist, or scientist in the world who would attempt to take a piece of bread, or a glass of milk, and make any part of it into bone or spin it into hair. Yet this very same thing is done inside our bodies all the time. It goes on so quietly that we seldom give it a thought.

Digestion is merely a process of dissolving our food or making it into a very fine liquid. There are three steps in digestion, the most important of which takes place in the mouth.

The mouth is Nature's mill for grinding our food. It is the starting-place of digestion. If we do not grind our food fine enough there will be trouble all along the digestive tract. Chewing our food well

not only makes it taste sweeter, but also prevents over-eating. It preserves the teeth, making them strong and healthy. It develops the lower jaw. It also will round out the face and make us look better.

The food passes from the mouth into the pharynx, back of the tongue and down the gullet into the stomach. Here it is prepared for the second step in digestion.

In the stomach-lining there are over a million little cells or glands, and in each one there is a tiny hole or opening. When we get hungry these little glands fill up with a fluid called gastric juice. When the food comes into the stomach they begin to empty this juice into it. The gastric juice contains hydrochloric acid, which the stomach mixes with the food in order to dissolve it finer than it was ground by the teeth. This makes the food into a thin whitish liquid called chyme.

If we should put sugar into a cloth sack and immerse it in a pail of water, the sugar would after a while dissolve and entirely disappear. The sugar when made into a solution will pass through the cloth into the water. This is a very good illustration of digestion.

After the food has been made into chyme it is ready to be passed out of the stomach into the lower intestines. The upper part of the intestines is called the duodenum. As the food or chyme passes through the duodenum it is mixed with two other digestive fluids. One is called bile which comes from the liver, and the other is called pancreatic juice which comes

from a little gland called the pancreas lying just back of the stomach. The bile and the pancreatic juice dissolve the food still finer until it is made into a dark colored liquid called chyle.

On the inside of the intestines there are millions of little raised places like pimples, called villi, and on the top of each one of these there is a little hole or opening, smaller than the eye of a needle. These holes are little mouths that open and close as they take in the food with which the intestines are filled. Inside of each villi there are many little blood tubes called capillaries. These are so thin that the liquid food passes through them into the blood. These little blood tubes laden with food empty into larger tubes called arteries, that lead to the heart. From the arteries the blood is pumped to the lungs where it receives oxygen from the air we breathe. Then it comes back to the heart carrying both food and oxygen which is sent by the heart beats to every part of the body.

WHAT OUR BODY IS COMPOSED OF, AND HOW TO SELECT ITS BEST FOOD

The human body is composed of fifteen different things called chemical elements. The body of a healthy person weighing 150 pounds contains these elements in about the following proportions:

	Lbs.	Oz.	Gr'ns.
Oxygen	97	12	—
Carbon	30	—	—
Hydrogen	11	10	—
Nitrogen	2	14	—
Calcium	2	—	—
Phosphorus	1	12	190
Sulphur	—	3	270
Sodium	—	2	196
Chlorine	—	2	250
Fluorine	—	—	215
Potassium	—	—	290
Magnesium	—	—	340
Iron	—	—	180
Silicon	—	—	116
Manganese	—	—	90

You perhaps will not understand all of these elements unless you are versed in chemistry, but this is

not so important here. What I wish to show is that everything of which the body is made can be found in a very few articles of food, and the fewer the better.

If we will eat the kind of foods that will make all the different things of which the body is composed and eat them in the right proportions, we will always be strong and healthy. Many people eat a great deal of food, yet they are thin and weak. This is because their diet is not balanced. They are over-fed on some things, and under-fed on others.

The horse is a very strong and healthy animal, and lives almost entirely upon three things,— grain, hay and grass. He could live entirely on grass in a warm climate and never be sick.

The following groups contain every chemical element shown on the preceding page:

Milk	Lettuce
Eggs	Celery
	Spinach
Wheat, whole	
Corn	
Rice	Butter
	Cream
Carrots	Nuts
Squash	
Beans	
Turnips	
Cabbage	Grapes
Onions	Apples
Potatoes	Figs

One article selected from each one of these groups would constitute a balanced diet. It would be all one would need at any time of the year, or while doing any kind of work. The following are balanced meals for summer or autumn:

BREAKFAST

Milk.
Rice and cream.

LUNCHEON

Potatoes.
Butter.
Corn bread.
Spinach.

DINNER

Eggs.
Whole wheat bread — butter.
Squash.
Lettuce.
Figs and cream.

The proportions would need to be changed according to the weather. If very cold, the fats, milk, eggs and grains should be increased. If warm, one should eat more of the fresh vegetables, salads and fresh fruits.

When we learn to make our meals upon a very few natural foods, the taste becomes highly cultivated and is very soon a reliable guide as to *how much* we should eat, and hunger becomes a true guide as to *what* we should eat. The reason taste is not always

our true guide is because we have forced it to accept so many wrong things. The first time a boy puts tobacco in his mouth, it will make him sick. The sick feeling is Nature's way of telling him tobacco is harmful. If he does not obey Nature's warning, and continues to put tobacco in his mouth, his taste will finally accept it, and after a while he will crave tobacco. This is appetite, not hunger. This is what makes people keep on drinking coffee, tea and whisky when they would like to quit them.

CURATIVE AND REMEDIAL MENUS

On pages **124** *and* **125** *will be found recipes for the following: Bran gems, coddled eggs, whipped omelet, salads, buttermilk, clabbered milk, sassafras tea, wheat hominy, cooking en-casserole, soaked prunes and malted milk. Where any of these dishes are prescribed in the text, the reader should refer to the above-mentioned pages.*

SPRING AND SUMMER MENUS

AUTOINTOXICATION, LOW VITALITY, ANEMIA

Fresh fruit just after rising.
Vigorous exercise and deep breathing.

BREAKFAST

Corn, hominy or rice. Cooked overnight.
Cream.
Horlick's Malted Milk.
Steamed figs, with cream cheese.

LUNCHEON

Bran gems with dairy or nut butter.
Two or three glasses of buttermilk.

DINNER

A fruit salad made of bananas, raisins, and grated nuts; served with whipped cream.
Two tablespoonfuls of nuts (choice).
Corn muffins.
Cream cheese with steamed figs.

SUPPLEMENTARY MENUS

Corn (Fresh). Spinach.
Two eggs poached or whipped.
A potato. Lettuce Salad.
Wheat Bran.

Constipation is nearly always one of the primary causes of Autointoxication, therefore a few spoonfuls of clean wheat bran should be eaten with each meal. This will prevent decomposition in the colons and late bowel action.

FALL AND WINTER MENUS

AUTOINTOXICATION, LOW VITALITY, ANEMIA

Just after rising take a few soaked prunes, peaches, plums or a large bunch of grapes and drink a glass of water.

Breakfast

Whole wheat, or barley, boiled until very soft; served with butter and cream.
One or two steamed figs with thin cream.
Cocoa or chocolate.
Water.

Luncheon

A bowl of clabbered milk, with a very little sugar.
Half a cup of wheat bran cooked.
Baked potato.

Dinner

Spinach with egg.
Baked beans.
One or two bran gems or whole wheat bread.
Potato.

SPRING AND SUMMER MENUS

CONSTIPATION — MILD

Breakfast

Half cup of wheat bran cooked.
Flaked wheat or rye.
Tablespoon of cream.
Glass of water.
Two eggs cooked lightly.

Luncheon

Peas, corn or asparagus.
Baked potatoes.
Cup of water.

Dinner

Peas, corn, beans or squash.
Spanish onions.
Baked potato.
Nuts and raisins.
Two or three tablespoons of wheat bran.

Fish, Scallops, Crabmeat, Lobster, Chicken, Turkey or Quail may be eaten once a day if especially desired.

FALL AND WINTER MENUS

CONSTIPATION — MILD

Quarter pound of grapes just after rising; swallow skins, seeds and pulp.

Breakfast

Tablespoonful of wheat bran.
Whole wheat boiled until very soft. (Wheat Hominy.)
One egg coddled or steamed.
One or two baked bananas.

Luncheon

Buttermilk.
Whole wheat bread, and nut butter.

Dinner

Spinach-egg.
Carrots, turnips or eggplant.
Potato.
Fish or chicken, small portion.
Bran gems.
Half cup of bran cooked.

SPRING MENUS

CONSTIPATION (CHRONIC), NERVOUSNESS

FIRST DAY: On rising, drink four or five cups of hot water. Devote five minutes to deep breathing exercises. A cool shower bath and a vigorous rub down. Half an hour's walk before eating.

BREAKFAST

Half a cup of wheat bran; eat with thin cream.

Six or eight soaked prunes.

Two or three bran gems.

Half an ounce of peanut butter.

Two large, *very ripe*, bananas,— baked if not very ripe. Cream and nuts or nut butter.

One glass of water.

A few minutes' exercises about ten o'clock.

LUNCHEON

Peas or asparagus.

Baked beans.

Half a cup of coarse wheat bran.

Drink one glass of water during the progress of the meal.

DINNER

Asparagus, peas, carrots; turnips or cabbage.

One or two eggs coddled or an omelet.

A baked potato or a whole wheat muffin.

Half cup of wheat bran, slightly cooked if desired, eaten with thin cream.

Just before retiring, take a tablespoonful of wheat bran.

CONSTIPATION (CHRONIC), NERVOUSNESS (*Continued*)

SECOND DAY: The same as the first, slightly increasing the quantity of food if there is a tendency toward weakness or unusual fatigue.

THIRD DAY: The same as the second, varying the meals by selecting such vegetables from those prescribed as appeal most to the taste.

FOURTH DAY: On rising drink a glass of water and take the exercises prescribed for the first day.

BREAKFAST

A cup of hot water.
Half a cup of wheat bran with cream.
The juice of one sweet orange or soaked prunes.
A portion of wheat, hominy: butter.
One or two eggs coddled.

LUNCHEON

A dozen soaked prunes.
Two extremely ripe bananas, with nuts.
Three or four figs with cream cheese.

DINNER

Half cup of wheat bran.
Two large Spanish onions boiled.
A baked potato.
Fish or chicken.

Just before retiring eat a few soaked prunes and a tablespoon of bran.

NOTE.— All fruit with meals should be omitted if there is a tendency toward stomach acidity.

CONSTIPATION (CHRONIC),

NERVOUSNESS (*Cont.*).

FIFTH DAY: The same as the fourth.

SIXTH DAY: The same as the first.

Repeat this diet until the bowels become normal. The bran may then be reduced according to the condition of the bowels, and the quantity of vegetables, eggs, and other solids increased sufficiently to meet the demands of normal hunger.

NOTE.— The following fresh vegetables are recommended in cases of constipation and can be substituted for one another:

A	B
Asparagus	Corn (fresh)
Beans (string)	Beans (Lima)
Brussels sprouts	Beans (navy)
Cabbage	Beans (kidney)
Cauliflower	Potato (white)
Carrots	Potato (sweet)
Okra	Peas (green)
Turnips	Parsnips
Spinach	Squash
Onions	

SUMMER MENUS

CONSTIPATION (CHRONIC), NERVOUSNESS

Immediately on rising, eat two or three very ripe peaches or plums, and drink two or three glasses of water. Devote ten minutes to vigorous exercise and deep breathing.

Breakfast

Half a cup of wheat bran.
Flaked wheat, or wheat hominy.
An ear of tender corn, or a baked potato.
Two eggs prepared choice.

Luncheon

Tender corn.
A lettuce and tomato salad.
New potatoes with grated nuts.
Note.— If one is performing Manual Labor, Chicken, Fish or Eggs may be added to this meal.

Dinner

A salad with grated nuts.
A baked sweet potato.
Fresh peas, beans, Brussels sprouts or cabbage, corn or lima beans. Any two of these.
A portion of wheat bran cooked.

From two to three glasses of water should be drunk between each of these meals.

Just before retiring, eat three or four ripe peaches, or a large bunch of blue grapes, swallowing seeds

without mastication. Take exercise as prescribed for morning.

The diet for constipation should be rather light. If one should not feel well nourished on these menus whole wheat, beans, graham bread, eggs, fish, chicken and game may be added in small quantities.

The Principles involved in the treatment of constipation are:

First, Exercise
Second, Copious water drinking
Third, Coarse plain food
Fourth, Light eating
Fifth, Omission of stimulants
Sixth, Omission of meat, and milk

(*For General Instructions see Spring Menus*)

FALL MENUS

CONSTIPATION (CHRONIC), NERVOUSNESS

(*For General Instructions see Spring Menus*)

Just after rising, eat a bunch of grapes, seeds and all.

Breakfast

Cantaloupe or Melon.

Two egg whites and one yolk lightly poached.

Tablespoon of wheat bran.

A portion of whole boiled wheat.

Two or three baked bananas, eaten with raisins and nuts.

Luncheon

Celery or Slaw.

One fresh vegetable.

An ear of tender corn or a baked potato.

Wheat bran.

Dinner

Lettuce and tomato salad.

Corn or a baked potato.

Eggplant, cauliflower, carrots, squash, cabbage, string beans — any two of these.

Chicken or fish — limited portion.

A cantaloupe or a baked banana.

Wheat bran.

A cup of hot water should be drunk at each of the above meals, and three or four glasses drunk between meals. Mastication should be very thorough.

WINTER MENUS

CONSTIPATION (CHRONIC), NERVOUSNESS

Immediately on rising, take the juice of a sweet orange, or half dozen soaked prunes.

(*For General Instructions see Spring Menus*)

BREAKFAST

Two tablespoons of bran.

Two extremely ripe bananas, with figs and cream.
A cup of Horlick's Malted Milk.

*A liberal portion of whole wheat hominy; serve with butter, cream or nut butter.

LUNCHEON

Cup of hot water and bran.
Spinach with an egg.
Endive, kale or cabbage.
Peas, beans, lentils, or corn.

DINNER

Celery with nuts.
Carrots, parsnips, beets, onions.
Stewed pumpkin or squash.
A small rare omelet, or Fish; omelet preferred.
A potato. Bran.

A glass of pure apple cider may be drunk just after rising, and just before retiring, if there are no symptoms of stomach fermentation. From two to three glasses of water at each of the above meals.

NOTE.— If the breakfast is late and the work not strenuous, the noon meal should be omitted, especially if not very hungry.

SPRING AND SUMMER MENUS

ABNORMAL APPETITE, STOMACH IRRITATION

Abnormal appetite is caused by irritation of the mucous membrane of the stomach.

Irritation is caused by superacidity.

Breakfast

Crushed wheat, or wheat hominy boiled very thoroughly; serve with butter or cream.

Nuts or peanut butter.

A baked banana.

Horlick's Malted Milk.

Luncheon

Vegetable soup.

Baked potatoes.

Lettuce or romaine with nuts, or nut butter.

One egg, boiled two minutes, or lightly shirred.

Dinner

Spinach or dandelion well cooked.

Boiled onions, peas, or asparagus.

A small portion of tender fish or chicken.

A baked potato.

Lettuce or celery.

About two glasses of water should be drunk with each of these meals, and a glass just after rising and just before retiring.

Butter, cream and fats should be used sparingly.

FALL AND WINTER MENUS

ABNORMAL APPETITE, STOMACH IRRITATION

Plums or peaches just after rising.

Breakfast

Cantaloupe.
A morsel of smoked or fresh fish.
A baked potato or a bran gem.
Fresh milk, or Horlick's Malted Milk.

Luncheon

Salad of lettuce or celery.
Turnips, Brussels sprouts, onions, corn, lima beans. Any two of these.
A whole wheat muffin or corn bread.

Dinner

Slaw or celery.
Any vegetable from the luncheon selection.
Baked beans or a baked potato.
Junket or gelatin.

About two glasses of water should be drunk with each of the above meals.

Vigorous deep breathing exercise should be taken half an hour before breakfast and just before retiring.

SPRING MENUS

SUPERACIDITY, FERMENTATION, SOUR STOMACH, INTESTINAL GAS, FLATULENCY, IRREGULAR HEART ACTION, DIZZINESS, VERTIGO, FEVERED STOMACH AND LIPS, CANKERS ON THE TONGUE, NERVOUSNESS, MENTAL DEPRESSION AND INSOMNIA

These disorders are all grouped under one heading because they all come from a common cause.

BREAKFAST

A glass of cool water.

Three or four egg whites and one yolk, lightly poached.

Whole wheat bread.

Rice or farina.

Very little butter or cream.

LUNCHEON

Peas or asparagus.

A white potato, baked or boiled.

DINNER

Cream of asparagus soup.

New peas, beets.

A new white potato, baked.

Whipped omelet.

An abundance of cool water should be drunk between meals, and from one to two glasses at meals.

SUMMER MENUS

SUPERACIDITY, FERMENTATION, SOUR STOMACH, INTESTINAL GAS, FLATULENCY, IRREGULAR HEART ACTION, DIZZINESS, VERTIGO, FEVERED STOMACH AND LIPS, CANKERS ON THE TONGUE, NERVOUSNESS, MENTAL DEPRESSION AND INSOMNIA

Drink a glass or two of water, and take vigorous exercise and deep breathing immediately on rising.

BREAKFAST

One or two coddled eggs.
Bran or a baked potato.

LUNCHEON

A liberal portion of fresh green corn, boiled or steamed in the husk; eat with a very little butter.

DINNER

Peas, beans or asparagus.
Young carrots with peanut butter.
Young chicken.
A baked potato.

Omit the use of acid fruits, berries, sweets, desserts, blood meats, tea, coffee, intoxicants, white bread, and eat only a limited amount of fats.

If there is a tendency toward constipation, half a cup of wheat bran cooked, and served as an ordinary cereal, should be taken at the morning and the evening meal.

FALL MENUS

SUPERACIDITY, FERMENTATION, SOUR STOMACH, INTESTINAL GAS, FLATULENCY, IRREGULAR HEART ACTION, DIZZINESS, VERTIGO, FEVERED STOMACH AND LIPS, CANKERS ON THE TONGUE, NERVOUSNESS, MENTAL DEPRESSION AND INSOMNIA

Drink a cup of cool water, and take vigorous exercise and deep breathing on rising.

BREAKFAST

Cantaloupe.
Whipped omelet.
Graham toast.
Hot water.

LUNCHEON

Young carrots with nut butter.
Fish or game.
Baked potato, or lima beans.

DINNER

Carrots, parsnips, squash, string-beans or spinach, any two of these.
Potato or fresh corn.
Lettuce or endive with nuts.

A cup of Horlick's Malted Milk may be taken with either the noon or evening meal.

WINTER MENUS

SUPERACIDITY, FERMENTATION, SOUR STOMACH, INTESTINAL GAS, FLATULENCY, IRREGULAR HEART ACTION, DIZZINESS, VERTIGO, FEVERED STOMACH AND LIPS, CANKERS ON THE TONGUE, NERVOUSNESS, MENTAL DEPRESSION AND INSOMNIA

BREAKFAST

Wheat, hominy.
Peanut butter.
Two glasses fresh milk.

LUNCHEON

A baked potato or bran gems.
A boiled onion or baked squash.
Milk, eggs or chocolate.

DINNER

Vegetable soup.
One fresh vegetable, such as carrots, parsnips, squash or turnips.
A baked potato — eat skins and all.
Fish or chicken.
A cup of chocolate, and whole wheat crackers.

If the tongue should become coated, or the mouth sore, the amount of food prescribed for the evening meal should be reduced until digestion is perfect, which can be aided largely by drinking copiously of water.

SPRING AND SUMMER MENUS

BRIGHT'S DISEASE

Orange juice or peaches just after rising.

Breakfast

Two glasses of fresh milk.
Bran or graham gems.
Whipped omelet.

Luncheon

Asparagus, peas or string beans.
Young onions.
Rye bread.
A glass of buttermilk.

Dinner

Lettuce with nuts.
Corn, string beans or peas.
New potatoes or lima beans.
Two eggs coddled.
Cottage cheese.
Raisins.

Note.— Horlick's Malted Milk may be used instead of Fresh Milk with any of the menus for Bright's disease.

FALL AND WINTER MENUS

BRIGHT'S DISEASE

Breakfast

A pint of clabbered milk, or junket luke-warm.
Whole wheat hominy.
Unsalted dairy butter, or nut butter.

Luncheon

A pint and a half of fresh milk.
Graham or corn bread not sweetened.

Dinner

Light vegetable soup.
Celery or endive with nuts.
Carrots, parsnips, cauliflower or winter squash.
A potato, lima beans or bran gems.

SPRING AND SUMMER MENUS

INDIGESTION (CHRONIC)

Breakfast

A cup of hot water.
Cantaloupe, or soaked prunes.
A baked white potato.
A very little butter and salt.
Two or three egg whites, lightly poached.
Half a cup of wheat bran, cooked twenty minutes.

Luncheon

A cup of hot water.
Two bananas, baked, new peas, asparagus or corn.

Dinner

A cup of hot water.
Purée of peas, or corn.
A baked white potato.
Carrots, onion or string beans.
Fish, shad roe or tender chicken.
Spoonful wheat bran.

These menus may be increased in quantity as the digestion improves, taking special care not to overeat. Fresh vegetables, from the list given below, may be added to the noon and the evening meals as the season advances and the patient becomes stronger.

Asparagus	Cauliflower	Parsnips
Beans	Celery	Peas
Brussels sprouts	Kale	Spinach
Carrots	Lettuce	Squash

FALL AND WINTER MENUS

INDIGESTION (CHRONIC)

Immediately on rising, drink a cup of water, eat a bunch of Tokay or Malaga grapes, and devote a few minutes to vigorous exercise.

Breakfast

Hot water.

Two fresh eggs whipped, with a flavor of lemon juice, and sugar.

Baked chestnuts or rice.

Cream or sweet butter.

Luncheon

Cream of corn or bean.

Baked potato.

One egg, rare.

Note.— This meal should be omitted unless quite hungry.

Dinner

Carrots, parsnips, turnips or squash.

A baked white potato.

Fish or chicken.

A baked banana, with cream.

These menus contain the minimum of food for this condition. The quantity may be increased according to the demands of normal hunger. Hunger, however, should be determined by labor or exercise. Abnormal appetite, caused by supersecretion of acid in the stomach, is very often mistaken for hunger. In such cases, the patient should cease eating before the appetite is satisfied.

INDIGESTION (ACUTE)

In nearly all cases of acute indigestion, food should be omitted. The patient should be given hot water morning, noon and evening, and, if possible, a stomach tube should be inserted, and the hot water and stomach contents removed. If this cannot be done, the patient should drink copiously of warm water, and vomit as much of it as possible. After the stomach has been cleansed, a heaping tablespoonful of agar-agar taken with hot water, followed by another cup of hot water within five minutes.

The high enema should be administered, thus removing the contents of the lower bowels. After the stomach and the bowels have been thoroughly cleansed, if the patient is not able to exercise, artificial manipulation of the abdomen should be administered for a period of half an hour three times a day. These suggestions may be repeated until the patient is relieved, when the diet for chronic indigestion may be followed in rather modified form, omitting the heavier vegetables, and increasing the lighter foods.

SPRING AND SUMMER MENUS

BILIOUSNESS — HEADACHE — SLUGGISH LIVER

Biliousness is caused by taking an excess of sweets, coffee, liquors, fats, and sometimes starchy food such as cereal, bread, etc. The logical remedy is the omission of these things. One should take vigorous exercise, deep breathing, and drink copiously of water.

Peaches, plums, cherries, or berries on rising.

Breakfast

A banana, baked, or eaten uncooked, if very ripe.
Whole wheat well cooked.
Peanut butter.

Luncheon

Vegetable soup.
One or two fresh vegetables.
Spinach or green salad.
A small portion of fish.

Dinner

Spinach or dandelion.
Asparagus, peas, beans or cabbage.
Baked beans, or a baked potato.
Gelatin lemon flavor.

Peach or orange juice just before retiring.

Sufficient clean wheat bran should be taken at meals to keep the bowels in normal condition.

In cases of stomach acidity or fermentation, all fruit should be omitted.

FALL AND WINTER MENUS

BILIOUSNESS — HEADACHE — SLUGGISH LIVER

Grapes, grapefruit, oranges, pineapple, peaches or plums just after rising.

Breakfast

A very rare omelet.
A whole wheat muffin, or corn bread.
Hot water or Sassafras Tea.

Luncheon

Green corn or baked beans.
Boiled onions or turnips.
Carrots or parsnips.

Dinner

A lettuce salad with grated nuts and oil.
A baked sweet potato.
Any fresh vegetable, such as turnips, carrots, beets or squash.
Potato or graham bread.

Quarter pound of grapes an hour after eating. Swallow the seeds without mastication.

CIRRHOSIS OF THE LIVER

Cirrhosis is a word derived from the Greek meaning YELLOW. It was originally intended to convey the idea of over-growth or enlargement of this much abused organ, but inasmuch as atrophic conditions often show yellow or tawny, there are now two kinds of cirrhosis, namely, atrophic cirrhosis, meaning a shrinkage, and hypertrophic cirrhosis, meaning enlargement of the liver.

Atrophic cirrhosis is caused by alcoholism, often augmented by milder stimulants, such as tea and coffee.

Hypertrophic cirrhosis is caused by over-eating, especially of meat, sweets, and starchy foods.

The causes of the former can be removed by ceasing the use of tea, coffee, and all alcoholic stimulants and the latter by omitting sweets, flesh, starchy foods, and limiting the diet in quantity to, or in severe cases below, the actual needs of the body.

The following meals are laid out for the treatment of severe cases. They are designed for both counteractive and remedial results.

SPRING AND SUMMER MENUS

CIRRHOSIS OF THE LIVER

Breakfast

Cantaloupe or cherries.
Three or four egg whites with a spoonful of cream.
Flaked rye, well cooked, or rye bread toasted crisp.
Sweet butter.
Horlick's malted milk.

Luncheon

String beans or new peas.
Lettuce and tomato salad.
A potato, or bran gems.

Dinner

Vegetable soup — very little fat.
Any fresh vegetable in following list.
Fish or chicken — very little.
A potato or tender corn.

FALL AND WINTER MENUS

CIRRHOSIS OF THE LIVER

Breakfast

Grapes or peaches.
Two baked bananas, or cantaloupe.
Whole wheat, hominy — cream or nuts.
Fish cakes or broiled chicken.

Luncheon

Boiled onions or squash.
Lima beans or bran gems.
Potato.

Dinner

Celery, lettuce or spinach.
Any fresh vegetable in the list given for Spring.
A potato or corn bread.
Smelts, perch or scallops.

In mild cases, or as the patient recovers, the diet may be increased in quantity, but it should be confined very rigidly to the articles in the following list.

FOODS TO BE USED IN THE TREATMENT OF CIRRHOSIS OF THE LIVER

PROTEIDS

Egg whites
Fish
Fowl — white meat
Nuts
Sour milk

CARBOHYDRATES

Bananas
Corn bread — very little
Flaked rye
Wheat bran
Whole wheat

FATS

Butter
Nut Butter
Nuts
Cream

VEGETABLES RICH IN MINERAL SALTS

Asparagus
Beets
Beans
Brussels sprouts
Cauliflower
Cabbage
Carrots
Celery
Onions
Potatoes
Spinach
Squash
Turnip-greens
Turnips

FRUITS

Apples
Apricots
Cantaloupe
Cherries
Grapes
Melons
Oranges
Peaches
Pears
Plums
Prunes
Raisins
Tomatoes

SPRING AND SUMMER MENUS

DIARRHŒA — DYSENTERY

Breakfast

Two egg yolks, hard boiled.
Boiled rice or chestnuts.
A glass of lukewarm milk or Horlick's Malted Milk.

Luncheon

A sweet potato or corn hominy.
Two glasses of milk.

Dinner

Cream of rice soup.
Boiled rice or spaghetti.
A glass of hot milk or chocolate.

Note.— If the milk should prove disagreeable, it may be boiled or heated to 200° Fahrenheit.

FALL AND WINTER MENUS

DIARRHŒA — DYSENTERY

Breakfast

Two egg yolks, hard boiled.
Toast or zweiback.
Baked chestnuts — cream.
Milk.

Luncheon

Two glasses of milk.
A baked sweet potato.

Dinner

Cream of rice or corn soup.
A sweet potato, or baked beans.
Rice, chestnuts.
Cheese, with a water-cracker and almonds.

Note.— Mastication should be very thorough. The principle involved in treating diarrhœa is to allow foods of the finer molecular construction, such as milk, egg yolks, sweet potatoes, rice, chestnuts, corn and cocoa, to predominate in the diet and to eliminate from the diet all coarse and fibrous foods, and acid fruit, and to limit water, watery foods, and fats to the minimum.

SPRING MENUS

APPENDICITIS

Breakfast

Tablespoonful of Olive Oil.

A cup of hot water.

Two tablespoonfuls of wheat bran cooked thirty minutes; serve with thin cream.

A portion of prunes soaked overnight in clear water.

Whole wheat hominy.

Luncheon

Tablespoonful olive oil.

Peas, turnips or carrots.

Turnip greens or dandelion.

Potato.

Steamed figs, whipped cream.

Tablespoonful of bran.

Dinner

Peas or asparagus.

Carrots or turnips.

A potato.

A spoonful of bran.

Half pint of apple cider just before retiring.

If the colon is inflamed or irritated, a tablespoon of agar-agar should be taken with each meal.

SUMMER MENUS

APPENDICITIS

A tablespoonful of olive oil and a cup of hot water on rising. And just before each meal.

Breakfast

A cantaloupe.
A tablespoonful of wheat bran, well cooked, or agar-agar.
An egg — bran gems.
A new potato, baked.
A glass of water.

Luncheon

Lettuce or spinach.
Boiled onions and carrots.
Bran gems.

Dinner

Vegetable soup.
A salad of lettuce with nuts.
Spinach, string beans, or new peas.
A potato or new shelled beans.
Two tablespoonfuls of bran.
If there is no acidity or fermentation take a glass of strained orange juice and a tablespoonful of agar-agar on retiring.

FALL MENUS

APPENDICITIS

Quarter pound of Concord grapes on rising; swallow seeds and pulp whole. Masticate and swallow the skins.

Breakfast

A small portion of wheat hominy; serve with thin cream.

Three or four eggs whites, lightly poached.

Sassafras Tea.

Luncheon

Celery hearts.

A baked potato.

Brussels sprouts.

Cabbage.

Chicken.

Dinner

Bran gems.

Parsnips.

Spanish onions.

A potato.

Fish.

A cup of hot water and a tablespoonful of olive oil may be taken before each of these meals.

WINTER MENUS

APPENDICITIS

Breakfast

Soaked prunes.
A cup of hot water.
Bran gems with nuts.
Baked bananas (2).

Luncheon

Hot water.
Winter squash or stewed pumpkin.
Turnips or cabbage.

Dinner

A Spanish onion cooked.
Carrots or parsnips.
Bran gems or a potato.
Hot water.

Note.— An hour after this meal, drink half a glass of prune juice.

In cases of appendicitis the following articles should be omitted: tea, coffee, tobacco, all stimulants and intoxicants, white bread, rice, oatmeal, corn bread, sweets and confections of every kind.

The diet should be confined to fresh vegetables, rye or whole wheat well cooked and dairy products. Fruits and nuts. A tablespoonful of olive oil should be taken at the beginning of each meal.

SPRING AND SUMMER MENUS

LABORING MAN

LUNCH IN SHOP

UNDERWEIGHT — ANEMIC

On rising take two glasses of water, a bit of fruit and a spoonful or two of wheat bran. If the bowels are inactive.

BREAKFAST

Prunes, peaches or melons.
Two or three glasses of fresh milk.
Whole wheat hominy.
A spoonful of wheat bran.

LUNCHEON

Quart of milk.
Graham rolls with peanut butter.

DINNER

Baked white potatoes; eat skins and all.
Whipped omelet.
Peas, asparagus, corn, or beans.
Fish.

FALL AND WINTER MENUS

LABORING MAN

LUNCH IN SHOP

UNDERWEIGHT — ANEMIC

The following menus are composed of but few articles; all of them, however, have a specific purpose.

Immediately on rising, drink a glass of water and eat a bunch of grapes, swallowing skins, seeds and pulp. Do not masticate the seeds or pulp.

Breakfast

Two or three eggs, cooked two minutes.

Wheat hominy or oatmeal simmered over night; serve with cream.

Fresh milk.

Luncheon

Fresh milk or Horlick's Malted Milk.

Whole wheat bread with nut butter.

A banana eaten with cream or cream-cheese.

Nut butter, and raisins or dates.

Dinner

Boiled onions, carrots or squash.

Fish or lamb.

Baked potatoes.

From one to two glasses of water should be drunk at each of these meals. Mastication should be very thorough.

SPRING AND SUMMER MENUS

EMACIATION — UNDERWEIGHT RATHER ANEMIC

Immediately on rising, devote from twenty to thirty minutes to vigorous exercise and deep breathing.

Breakfast

Whole wheat muffins.
Two very ripe bananas, baked; with thin cream.
Three or four glasses of milk drunk slowly.

Luncheon

Two or three whipped eggs.
Two or three glasses of milk.
Whole wheat bread.
Sweet butter.

Dinner

A cup of hot water.
Green peas, asparagus, spinach, turnips, carrots, creamed onions; any two of these.
A baked potato or whole wheat gems.
A glass of buttermilk or one coddled egg.
A cup of chocolate.

If headache should occur after the first day omit the eggs and increase the quantity of fresh sweet milk, up to twelve to fifteen glasses a day.

FALL AND WINTER MENUS

EMACIATION — UNDERWEIGHT RATHER ANEMIC

Breakfast

A cup of hot water or Sassafras Tea.
Wheat hominy with cream.
Two eggs prepared any way most palatable.

Luncheon I

One or two fresh vegetables.
A bit of fish or tender chicken, if there is a craving for something salty, or three glasses of milk.
Potato.

Luncheon II

Three or four eggs whipped with sugar and lemon juice. Add half a glass of milk to each egg.

Dinner I

Spinach or string beans.
Baked potato.
One very lightly scrambled egg.
A boiled onion.
Carrots, parsnips, or turnips.

Dinner II

Egg or fish.
Potato.
Clabbered milk, with a sprinkle of sugar.
If milk should cause constipation, see Menus page 23.

SPRING AND SUMMER MENUS

OBESITY — IRREGULAR HEART ACTION — NERVOUSNESS

Melons, peaches, or berries on rising.

Breakfast

Tender fish, or chicken.
Toasted rye bread or a bran muffin.

Luncheon

Bananas very ripe.
A salad — lettuce or celery.
Nuts or nut butter.

Dinner

Eggplant, okra, peas, beans, asparagus, squash.
One or two of these.
Bran gems.
Fish or lamb.
Nuts with a lettuce salad.

A tablespoonful of bran or agar-agar should be eaten with both the morning and evening meals if there is a tendency toward constipation.

FALL AND WINTER MENUS

OBESITY — IRREGULAR HEART ACTION — NERVOUSNESS

Cantaloupe or soaked, dried peaches on rising.

Breakfast

Baked chestnuts.
Bananas with cream.
Bran gems.
Butter.

Luncheon (At Home)

Celery or lettuce.
Carrots, turnips or cabbage.
Potato or lima beans.

Luncheon (In Office)

Two exceedingly ripe bananas.
Nut butter, raisins or figs.

Luncheon (In Restaurant)

Onions, carrots, squash, or spinach.
Potato, or corn. Fish or scallops.

Dinner

Cream of tomato.
String beans, peas or onions.
Potato or lima beans.
Fish, lobster or game. Salad.

Devote about ten minutes to exercising and deep breathing just before retiring.

Secure a spirometer and increase the lung capacity until it registers about two hundred and fifty cubic inches. This is exceedingly important.

SPRING AND SUMMER MENUS

MALNUTRITION

Menus for the treatment of malnutrition should be limited in quantity, and composed of the most soluble and readily digestible articles that will afford the required elements of nourishment.

On rising, exercise vigorously.

Breakfast

Three or four egg whites, whipped, mixed with two cups of Horlick's Malted Milk.

Luncheon

A Spanish onion, uncooked.
A bit of dried fish.
Hard cracker.
A baked potato — eat skins and all.
Bran gems with butter or nuts.

Dinner

Lettuce or young onions.
Peas or asparagus.
Spinach or turnip-greens, with yolk of egg.
A baked potato.
A tablespoonful of wheat bran, cooked.

FALL AND WINTER MENUS

MALNUTRITION

The strained juice of an orange, half water, on rising.

Breakfast

Whole wheat, hominy, with dairy or nut butter.

Luncheon

Three to four glasses of rich milk.
Two tablespoonfuls of wheat bran.

Dinner

Celery or vegetable salad, with nuts and oil.
Turnips, carrots, winter squash, or onions.
A bit of very tender fish or white meat of chicken.
A potato or a corn muffin.

If there is a tendency toward sour stomach, acidity or fermentation all fruit should be omitted.

SPRING AND SUMMER MENUS

NASAL CATARRH

Two glasses of water, orange, cherries, peaches, plums or grapefruit on rising. A brisk walk or vigorous exercise should be taken half an hour before eating.

Breakfast

Sweet potato.
Bran gems.
Unsalted butter or nuts.

Luncheon

A green salad, with tomatoes and oil.
Peas or beans.
Potato — butter.
Buttermilk.

Dinner

Spinach, young cabbage or turnip-tops.
One fresh vegetable in season.
A baked potato.
Fish or chicken.

These menus are composed largely of fresh vegetables and soluble proteids, which are very important in remedial feeding.

One or two glasses of water should be drunk with each of these meals.

Mastication should be very thorough.

The bowels should be kept normal by the use of wheat bran.

LATE SUMMER AND EARLY FALL MENUS

NASAL CATARRH

For many patients suffering with nasal catarrh, the following combinations have been prescribed by the author with much success.

Peach or pear, two glasses of water and vigorous exercise on rising.

Breakfast

Cantaloupe.
Grilled sweet potato.
A glass of milk.
A baked banana.

Luncheon

A lettuce with nuts.
One fresh vegetable.
Graham bread with nut butter.
A banana with cream cheese and raisins.

Dinner

A lettuce and tomato salad.
Choice of two fresh vegetables.
Scallops or smelts.
Potato, any style.
Plain ice cream, provided salad is omitted.

LATE FALL AND EARLY WINTER MENUS

NASAL CATARRH

Grapes or orange juice just after rising.

Breakfast

Cup of hot water.
Bran or graham gems.
Two eggs whipped, with a tablespoonful of sugar and flavor of lemon juice.
A baked sweet or white potato.
Cup of cocoa.

Luncheon

Celery, with nuts and oil.
Baked beans.
Boiled onions or carrots.
Sassafras tea or hot water.

Dinner

Carrots, onions, parsnips, squash, turnips — any two of these.
Egg, fish, chicken, or turkey (white meat).
A baked potato.

Note.— If the weather is very cold, a dessert spoonful or more of olive oil should be taken just before each of these meals, and a cup of water at the close.

SPRING AND SUMMER MENUS

RHEUMATISM, GOUT, LUMBAGO, SCIATICA, ARTHRITIS STIFFNESS IN THE JOINTS

Breakfast

Three glasses clabbered milk, or junket, with a sprinkle of maple sugar.

Zweibach — sweet butter.

Luncheon

Beans, turnips, asparagus or peas.

Whipped omelet, new potatoes.

Dinner

Bran gems.

Fresh milk, or buttermilk.

Carrots, turnips, parsnips, or onions.

Lobster, scallops, whitefish, halibut, or any white meat or fowl.

Nuts and cream cheese with raisins.

Chocolate or hot water.

Mastication should be very thorough. At least two hours' vigorous exercise or useful labor should be performed each day, in the open air.

Omit all acid fruits and red meat, and limit starch foods, such as grain products, potatoes and dried beans, to the minimum.

If the bowels are constipated, take a tablespoonful of wheat bran in a glass of hot water with each meal.

FALL AND WINTER MENUS

RHEUMATISM, GOUT, LUMBAGO, SCIATICA, ARTHRITIS STIFFNESS IN THE JOINTS

FIRST DAY: On rising drink two glasses of water. Devote as much time as possible to vigorous exercises and deep breathing.

BREAKFAST

Steamed figs or prunes.
Bran gems, with cream or fresh butter.
A cup of Horlick's hot malted milk.

LUNCHEON

A large portion of boiled onions.
Baked lentils or beans.
Raisins, with nuts and cream cheese.

DINNER

Fresh vegetable soup.
Squash, pumpkin, or cabbage
Spinach with egg, or string beans.
White meat of chicken, turkey or game.
Nuts with steamed figs.

SECOND DAY: Very much the same as the first, slightly increasing the quantity of food, if the amount prescribed does not seem sufficient to satisfy normal hunger. Take great care, however, not to overeat.

FALL AND WINTER MENUS

RHEUMATISM, GOUT, LUMBAGO, SCIATICA, ARTHRITIS STIFFNESS IN THE JOINTS —(*Cont.*)

THIRD DAY:

BREAKFAST

Bran gems, or a baked potato, with butter.

Two or three glasses of milk or Horlick's hot malted milk.

LUNCHEON

A liberal portion of baked sweet potatoes with butter.

Cocoa, Chocolate, or a cup of hot water.

Figs, cream and nuts.

DINNER

A salad of lettuce, celery or endive with nuts.

One fresh vegetable.

A bit of turkey — white meat; or shell-fish, such as lobster, scallops, or crab.

A baked potato.

NOTE: The meats are given only in case there is a craving for something salty.

FOURTH DAY: Same as the third, varying the meals by selecting such vegetables from the list prescribed as appeal most to the taste.

FIFTH DAY: Same as the first, repeating these menus for a period of from fifteen to twenty days.

SPRING AND SUMMER MENUS

For Diabetes

Breakfast

A bowl of clabbered milk.
Bran gems or wheat hominy.
Nut butter or sweet butter.

Luncheon

Potatoes, eat skins and all.
Shad-roe or cottage cheese.
Dried peas, beans or lentils, baked.
Cup of sassafras tea.

Dinner

Young chicken, quail or small game.
Potato or bran bread.
Turnips, carrots or onions.
Peas, beans or asparagus.
A salad — nuts or nut butter.

The old system of treating diabetes was to eliminate from the diet all articles containing sugar. Modern investigations have shown that this is an error. To omit all carbohydrates from the diet is swinging the pendulum of reform to the other extreme.

The principle involved in the natural treatment of this disease is the *high proteid diet* with enough carbohydrate (sugar and starch) to supply the actual needs of the body.

FALL AND WINTER MENUS

FOR DIABETES

Grapes on rising.

Breakfast

Cantaloupe or sweet orange.
Wheat hominy — nut butter.
Fresh milk junket or clabbered milk — no sugar.

Luncheon

Spinach or string beans.
Turnips or cabbage.
Gluten or bran bread.
Cereal beverage — no sugar.

Dinner

Fish, fowl, game or lamb.
Potato.
Peas, beans, spinach, cabbage, brussel sprouts or turnips.
Celery, lettuce or endive.
Hot water.

SPRING AND SUMMER MENUS

WEAK DIGESTION (ALMOST INVALID)

On rising drink a cup of hot water. Take deep breathing before an open window, and such exercises as can be performed without undue fatigue.

Breakfast

Thin purée of peas or lentils.
Egg whites. Steam poached.
A cup of hot water.

Luncheon

A cup of vegetable juice from peas, asparagus, carrots, corn, turnips, cabbage.
See — Recipe below.

Dinner

Vegetable juice, same as luncheon.
Peas or asparagus.
A baked potato.

As digestion becomes stronger, the quantity of food may be increased, and a purée of carrots, turnips, parsnips, or squash added in limited quantities.

Recipe for vegetable juice

Grind vegetables fine, cover with water, cook 10 to 15 minutes, drain off juice, season and serve.

FALL AND WINTER MENUS

WEAK DIGESTION (ALMOST INVALID)

On rising, drink a cup of hot water, and devote a few minutes to deep breathing and such exercises as can be taken in bed or in the room.

Breakfast

A cup of hot water.
Thin purée of rice or barley well cooked.
Unsalted butter or cream.
Egg whites, lightly cooked or whipped.
Vegetable juice or Horlick's malted milk.

Dinner

Light vegetable soup or vegetable juice.
A whipped egg or shad roe.
A small baked potato.

If the bowels should become slightly constipated, a spoonful of wheat bran, thoroughly cooked, and served as an ordinary cereal, should be taken with both the morning and the evening meal.

The quantity of food should be governed by the condition of the patient as to strength, and powers of digestion and assimilation.

As the digestion improves, sweet potato, boiled rice and strained cereal may be added to the breakfast, and turnips, winter squash, parsnips, carrots and now and then a service of tender fish and chicken may be added to the noon or evening meals.

NO APPETITE

A very sharp distinction should be drawn between appetite and hunger. Appetite is a cultivated desire expressed through the sense of CRAVING.

Hunger is the normal demand for food, expressed through the salivary glands. Appetite is the desire for liquor, coffee, tobacco, morphin, etc., and for food when one habitually overeats. It is expressed by an empty feeling or craving in the stomach, while hunger is felt only in the region of the throat and the mouth. Appetite weakens the body; hunger stimulates thought and action.

Normal hunger can be produced by limiting the quantity of food below the actual needs of the body, for three or four days, or perhaps a week.

When normal hunger returns, the quantity may be increased, but the combinations should be observed for a week or two. The following are limited menus composed of foods that will produce hunger after the third or fourth day:

SPRING AND SUMMER MENUS

NO APPETITE

On rising devote at least five minutes to vigorous deep breathing exercise before an open window, or in the open air. Take a bit of juicy fruit and a glass of water.

Breakfast

Cantaloupe, cherries, very ripe berries.
Baked banana.
New potato, baked.

Luncheon 1

Summer squash, turnips or peas.
New potato.

Luncheon 2

Two cups of Horlick's malted milk.

Dinner

Fresh corn, shelled beans or peas.
Baked sweet or white potato.
Bit of broiled fish.

FALL AND WINTER MENUS

NO APPETITE

On rising, take the juice of a sweet orange, a glass of water, and exercise. See Page 66.

Breakfast

Large baked apple.
Baked chestnuts, cream or nut butter.

Luncheon

Soup, vegetable or cream of tomato.
A small piece of crisp cracker.
Celery or slaw.
Nuts.

Dinner

Two or three bananas, peeled, and baked.
One whipped egg, to which may be added a very little whipped cream.
A glass of rich milk.
Half a cup of wheat bran, cooked.

A glass of cool water or a cup of hot water should be drunk at each of these meals, and, as the appetite becomes normal, the egg and the milk products may be increased, and the heavier vegetables such as sweet potatoes, baked beans, corn hominy, and plain boiled wheat may be added.

SPRING AND SUMMER MENUS

NERVOUSNESS

BUILDING UP THE NERVOUS SYSTEM

Drink a glass or two of cool water on rising. Take vigorous deep breathing exercises, out of doors or before an open window.

BREAKFAST

Half cup boiled wheat.
Cream.
Pint of rich milk.

LUNCHEON

Corn, rye or whole wheat bread.
Butter.
Buttermilk.

DINNER

Vegetable soup — optional.
Peas, beans, carrots, parsnips, squash, turnips, onions — any two of these.
Potato or corn on cob.
Egg, buttermilk or fish.

About two glasses of water should be drunk at each of these meals — half a glass at the beginning, a glass during the progress of the meal, and half a glass at the close.

These meals are rather liberal, and if there should be the slightest fullness experienced after eating, the quantity should be reduced. The breakfast is light, and one might add slightly to it if it does not satisfy normal hunger.

FALL AND WINTER MENUS

NERVOUSNESS

BUILDING UP THE NERVOUS SYSTEM

Drink a glass or two of cool water on rising. Take vigorous deep breathing exercises out of doors or before an open window.

BREAKFAST

Two large bananas, baked, cream.
Two or three glasses of fresh milk.

LUNCHEON

Baked white potato.
Poached egg.

DINNER

Celery or slaw, nuts.
Turnips, carrots, parsnips or beets.
Baked beans or corn bread.
Potato.
Cheese, raisins, nuts.

Mastication should be perfect.
Eating should be very deliberate.

Avoid heavy reading or earnest conversation while eating; these disturb the flow of saliva and prevent thorough mastication.

A cup of wheat bran, well cooked, should be taken with the morning and the evening meals about twice or three times a week.

A glass of water and the juice of a sweet orange may be taken just before retiring. Provided there are no symptoms of acidity or stomach fermentation.

SPRING MENUS

NERVOUS INDIGESTION

Nervous indigestion is a condition in which the mucous membrane of the stomach is in a chronic state of irritation caused by hydrochloric acid fermentation.

The appetite is usually keen; sometimes ravenous. This, however, is the best evidence that the diet should be limited to just enough food to sustain strength when no manual labor is performed.

Breakfast

A pint of clabbered milk with a light sprinkle of sugar, if desired.

Bran muffins.

Two tablespoonfuls clean wheat bran, well cooked; serve with cream.

Luncheon

Onions, en casserole, or fresh peas.

Bran gems or graham muffins.

A baked potato.

A glass of water.

Dinner

Peas, asparagus, onions, or any fresh vegetable.

Potato.

A glass of buttermilk.

Young chicken.

A spoonful or two of bran prepared as for breakfast.

Note.— Wheat bran cleanses the stomach and prevents acidity which causes irritation.

SUMMER MENUS

NERVOUS INDIGESTION

Very ripe peach or plum, on rising.

Breakfast

Cantaloupe or baked bananas.
Three eggs, whites and two yolks lightly poached.
One or two bran gems or new potatoes.
Unsalted butter.

Luncheon

Peas, string beans, carrots, okra — any two of these.
Tender corn or baked potato.
Spinach with egg.
A spoonful or two of wheat bran.

Dinner

Young carrots, string beans or squash.
Tender corn, lima beans or a baked potato.
Fish or any sea-food except oysters.
Gelatin, if something sweet is desired.

FALL MENUS

NERVOUS INDIGESTION

Breakfast

Persimmons, cantaloupe or baked banana.
A baked sweet potato.
Two or three glasses of milk.
A spoonful of wheat bran.

Luncheon

Two and one-half to three glasses of fresh milk.
Rye or whole wheat bread.
Two tablespoonfuls of wheat bran.

Dinner

Eggplant, okra, brussels sprouts, tender spinach, string beans, carrots, or onions — two of these.
A baked potato or rice.
Whipped omelet.

Note.— One or two glasses of cool water should be drunk at each of these meals where milk is not prescribed.

WINTER MENUS

NERVOUS INDIGESTION

Breakfast

Very ripe bananas with cream.
Two bran gems with butter.
Wheat hominy.
Two or three glasses of fresh milk.

Luncheon

Vegetable soup — omit crackers.
Cauliflower, onions or carrots.
A baked potato.
Bran gems.

Dinner

Soup — cream of corn or rice.
Celery, ripe olives, nuts.
Carrots, parsnips, beets, turnips; two of these.
Bran gems or a baked potato.
Chicken, fish or very tender lamb.
A spoonful or two of wheat bran.
A glass or two of water.

Horlick's malted milk should be taken for breakfast instead of fresh milk every second or third day.

Note.— Acids, sweets, white bread, oatmeal, corn hominy, and the cereal foods from which the bran has been removed, should be entirely omitted in all cases of stomach irritation, of which nervous indigestion is merely an expression. The use of tea, coffee, tobacco, all stimulating and intoxicating drinks should also be omitted.

SPRING AND SUMMER MENUS
FOR BUSINESS MAN
NERVOUS, IRRITABLE STOMACH, AND INTESTINAL TROUBLE

Fresh or evaporated peaches, just after rising.

BREAKFAST

Cantaloupe.
Whole or flaked wheat, cooked over night.
Coddled or steamed egg.
Two glasses of fresh milk.

LUNCHEON

Baked sweet potato or fresh corn.
One fresh vegetable.

DINNER

Peas, asparagus, spinach, lima beans, carrots, squash — any two of these.
Two coddled eggs.
Baked potato, or graham bread.

NOTE.—From one and a half to two glasses of water should be drunk with each of these meals. If constipation occurs, soaked evaporated apricots may be taken just before retiring. A glassful of water in which the prunes or apricots have been soaked should also be drunk just after rising. If stomach-acidity or intestinal fermentation should occur, omit all acid fruits and regulate the bowels by the use of wheat bran.

One hour during the day should be devoted to vigorous physical exercise.

FALL AND WINTER MENUS
FOR THE BUSINESS MAN

NERVOUS, IRRITABLE STOMACH, AND INTESTINAL TROUBLE

FIRST DAY: Immediately on rising, drink one glass of cool water and eat a few grapes, or a very ripe peach.

Devote five or six minutes to exercises. Inflate the lungs to their fullest capacity at every third or fourth breath.

BREAKFAST

A cantaloupe or winter pear.
Fish cakes or eggs.
Potato cakes.
Corn muffins or whole wheat gems.
Cup of sassafras tea.

LUNCHEON

A lettuce and tomato salad.
Baked beans.

DINNER

Boiled corn or lima beans. Carrots or turnips.
A lettuce salad, with a simple dressing.
One coddled egg or a bit of fish.
Baked potato.
Light egg custard or gelatin.

From one and a half to two glasses of water should be drunk at each of the above meals.

FALL AND WINTER MENUS
FOR THE BUSINESS MAN — *Contd.*

NERVOUS, IRRITABLE STOMACH, AND INTESTINAL TROUBLE

SECOND DAY: The same as the first, slightly increasing the quantity of food if desired. This may be done by more thorough mastication and by devoting more time to exercise.

THIRD DAY: Evaporated peaches just after rising.

BREAKFAST

Corn muffins, or Bran gems.
Milk or Eggs.

LUNCHEON

Spinach or a Lettuce Salad.
An ear of tender corn or lima beans.
A potato.
A glass of water.

DINNER

Carrots, parsnips, peas, beans or squash.
Lettuce or celery.
A bit of fish or white meat of chicken.
A baked potato.

FOURTH DAY: Same as third.

Varying the meals by choosing such vegetables from those prescribed as appeal most to the taste.

FIFTH DAY: The same as the first.

SIXTH DAY: The same as the second, and so on, for about twelve days.

LETTER OF ADVICE

ACCOMPANYING MENUS FOR BUSINESS MAN

Rise at a regular hour every morning. Take a lukewarm sponge bath, follow this by a cool splash and a vigorous rub down, practicing deep breathing all the while.

Before dressing, devote from 3 to 5 minutes to vigorous exercises. Take these movements calmly.

DO NOT WORRY. Masticate all food to infinite fineness. Take plenty of time to eat.

Inflate the lungs to their fullest capacity several hundred times a day. This is of very great importance.

If the quantity of food prescribed is more than the appetite calls for, omit the noon meal or eliminate any one thing entirely, or reduce the quantity of the whole.

SPRING AND SUMMER MENUS

FOR MENTAL WORKER

TO INCREASE MENTAL EFFICIENCY

Immediately on rising, take two or three tablespoonfuls of orange juice and drink two glasses of water. If there is a tendency toward fermentation, the orange juice should be omitted.

Exercise in the open air before breakfast.

Breakfast

Pint and a half of clabbered milk.
Flaked wheat or oats, cream.

Luncheon

Bananas, very ripe.
Figs or dates.
Nuts or apples with olive oil.

Dinner

A small portion of fish.
A baked white potato — eat skins and all.
Peas, beans, or corn.
Lettuce, celery, or romaine.
Nuts.

Fish, chicken, lobster, scallops, or crab meat may be eaten for dinner.

FALL AND WINTER MENUS

FOR MENTAL WORKER

Eggs, milk and sugar are the most readily convertible nutrients known. To increase mental efficiency one should use them liberally but the sugar should be procured from foods rich in natural sweet, such as figs, dates, raisins, bananas, squash, parsnips, beets, sweet potatoes. A bunch of grapes just after rising.

Breakfast

One very ripe banana with cream and nut butter.
Whole wheat gems.
Fresh milk.
Figs, nuts.

Luncheon

Parsnips, squash, or beets.
A baked potato.
Milk or chocolate.

Dinner

Clabbered milk with a sprinkle of sugar.
Baked beans or baked potato.
Sweet potatoes.
Raisins. Cheese.

If one is underweight, it would be advisable, especially during the cold weather, to take three uncooked eggs for breakfast, two eggs with a quart of milk for luncheon, and a vegetable dinner.

If fresh milk should cause constipation, Horlick's malted milk should be used.

AUTHOR'S NOTE

The following were the first of a series of menus prescribed for a man of middle age following a sedentary occupation. He was suffering from a complication of many disorders very difficult of diagnosis, having their origin however in the stomach and alimentary tract; he had given up his work and his friends, and physicians had given up hope of his recovery. Within sixty days after he began eating correctly he had resumed his work and now, a year later, he is in perfect health.

LETTER OF ADVICE

My dear ——:

Enclosed is your first set of menus and general instructions in regard to your diet, exercise, etc.

I would especially advise that you omit the use of coffee, tea and tobacco. These are all alkaloidal poisons. They have no constructive power, only destructive. The body combats all poisons with acids. Acid is her chief weapon of defense, therefore all coffee, tea, liquor and tobacco users have super-acidity of the stomach.

The excess acid ferments the food and irritates the walls of the stomach and intestines. This irritates the nerve fibers and capillary vessels leading out from these organs, causing nervousness, autointoxication, insomnia, mental depression, loss of memory,

lack of concentration and gradual mental and physical anemia.

The fermenting food produces gas; gas collects throughout the intestinal tract, and interferes with the whole digestive, assimilative and eliminative process which is so far reaching, that it becomes after awhile, almost impossible to diagnose or trace them.

You have a good mental and physical organism, and it is a crime against Nature to force these poisons upon these delicate organs.

You could soon become a 100% man if you would omit the things that destroy, and give Nature the right material with which to do her building.

You are a valuable citizen, and can live and enjoy many years of useful life, but the world, even the community in which you live, cares not a "whit" whether you live or die. It supposes that if you do NOT know how to live, that you are not worth saving and if you DO know how to live and *do not* obey the Law that you are not worth saving. It is a matter now for you to decide.

Respectfully yours,

F. S. D.

E. W. B.
DIET INSTRUCTIONS

First Day

On rising drink two or three glasses of cool water. Take deep breathing, tensing and bending exercises until slightly fatigued. The following movements:

Rest the hands on the rim of the bathtub: lower the body until the chest touches the knee; alternate this movement rapidly, bringing the chest down first to one knee and then to the other, as if running, bending or swinging from side to side with each step.

This movement may be taken by holding to a bedpost, or placing the hands upon a chair, merely for support. Endeavor to increase these movements each day, until you can execute from 75 to 100 without fatigue.

These exercises should be taken night and morning for a period of from five to fifteen minutes; especially in the morning before an open window, before dressing. Nothing is healthier than the cold air coming in contact with the body while exercising.

Any tensing or straining of the muscles is good provided it is not over-done.

All deep breathing is good. Deep breathing can be taken any time during the day when in the open air. Fill the lungs every few minutes to their fullest capacity. Hold the breath for twenty seconds and then exhaust it, as if coughing. In this way the capacity of the lungs can be doubled, sometimes within a period of sixty or ninety days.

DIET INSTRUCTION

First Day — *Cont.*

Breakfast

Half a dozen soaked prunes, with a spoonful of cream.

Two heaping tablespoonfuls of flaked wheat or wheat hominy.

One egg cooked rare.

Cup Malted Milk.

Luncheon (Downtown)

Baked potato, or rice.

Carrots, parsnips or turnips.

Cup of hot cocoa or chocolate.

Luncheon (At Home)

Browned sweet potatoes.

Pint of fresh milk.

Dinner

Light vegetable or cream soup (optional).

Celery, lettuce, endive or young carrots (uncooked) eaten with peanut butter.

Baked or mashed potato.

String beans, spinach, fresh peas, or lima beans.

Beets, cabbage, cauliflower or Brussels sprouts.

Fish, chicken, turkey or game (one of these).

Horlick's malted milk, cocoa, chocolate or water (water preferred).

Take enough clean wheat bran to keep the bowels in normal condition.

Drink from one to two glasses of water with each of these meals.

Eat slowly; masticate your food exceedingly fine.

Drink from three to four glasses of water between each of these meals, and two glasses after dinner.

Where a number of articles are given it is always safe to eliminate any one that does not appeal especially to the taste.

The fewer articles composing each meal, the better. Two articles for breakfast, three for luncheon and three for dinner properly selected would be ample from which to procure all the elements of nutrition the body requires. If this system was adopted the appetite or hunger would very soon nominate the exact article of which the body was in need, with the result that the sense of hunger would not only determine the quantity but the quality of your food.

Just before retiring go through the same exercises prescribed for the morning, though you need not devote so much time to them.

Second Day

The same as first, varying the meals by selecting such articles from the various groups prescribed as appeal most to the taste.

Third Day

The same as second, increasing or decreasing the quantity of food according to normal hunger. Do

not overeat; the best *food* is as bad as the worst when you eat too much.

A very sharp distinction should de drawn between appetite and hunger. Appetite is a sense of craving for unnatural things such as tea, coffee, liquor, tobacco, stimulants and narcotics, while hunger is Nature's call for nutrition.

Fourth Day

From the same selections as third, provided there are no unfavorable symptoms.

If a change is desired take the following:

Breakfast

A nonacid fruit — such as: dried peaches cooked, baked banana or grapes.

Boiled chestnuts — or rice with cream or sweet butter.

Fresh milk.

Clean wheat bran.

Luncheon

Chicken, fish or lamb.

Fresh string beans, or spinach.

Potato.

If you are not especially hungry, a baked potato, opened, buttered, into which drop one poached egg, and a cup of milk would make an excellent meal.

NOTE.— I have made an exception of lamb in your case. When this is chosen, a green vegetable, such as string beans, asparagus, dandelion or spinach, should always be eaten.

DINNER

Cream or vegetable soup (optional).

One or two fresh vegetables from the group prescribed for the first day.

Lima beans or baked beans.

Virginia steamed bread.

Whipped omelet.

Horlick's malted milk, or cocoa.

FIFTH DAY

The same as fourth.

SIXTH DAY

The same as fifth.

SEVENTH DAY

And for about two weeks alternate the diet between the menus given for the first and fourth days.

INTRODUCTION TO NORMAL MENUS

While a majority of the menus composing this book were prescribed for the purpose of removing the causes of some specific disorder, a vast number of those treated remained under my care long after they had become normal or cured, as the transition from disease to health is usually termed.

Another large number of comparatively healthy people, recognizing the relation between diet and health, placed themselves under my care for the purpose of having their diet selected, proportioned, and balanced according to age, occupation, and the season of the year.

The excellent results obtained, in nearly all such cases, emphasized the importance of giving a set of normal menus for normal people. These menus have been tried out and tested in every conceivable way and have been chosen because they gave the desired results.

THE AUTHOR.

NORMAL MENUS

The following menus are intended for people in normal health; or more especially for those possessing normal digestion and assimilation of their food:

SPRING AND SUMMER MENUS FOR THE NORMAL CHILD

From 3 to 5 Years of Age

Breakfast

Steamed rice or a baked sweet potato.
Fresh milk or Horlick's malted milk.

Luncheon

Cream of rice, bean, or pea soup.
Whole wheat or graham bread.
Milk.

Dinner

A baked potato.
Peas or lima beans.
Whole wheat crackers or bran biscuits.
Milk.

If there is a tendency toward fermentation or sour stomach a teaspoonful of lime-water should be added to each cup of fresh milk.

FALL AND WINTER MENUS

FOR THE NORMAL CHILD

From 3 to 5 Years of Age

Breakfast

Prunes.
Cereal — small portion.
Milk.

Luncheon

One or two bananas baked.
Baked potato.
Milk.

Dinner

Corn bread or hominy; thoroughly cooked.
Milk or Horlick's malted milk.

The articles of food for children ranging from three to five years of age are about the same. The proportions, however, should be administered according to age.

The child from two to three years of age may be given a glass of milk between meals, but should eat a very light dinner, consisting of only two or three articles, while the child from three to five, especially after it has engaged in vigorous play, can, with safety, follow the menus herein prescribed.

SPRING AND SUMMER MENUS

FOR THE NORMAL YOUTH

From 5 to 10 Years of Age

Breakfast

Peaches, prunes or figs.
Milk or an egg.
Boiled rice, with cream, honey or sugar.

Luncheon

Turnips or new peas.
Sweet or white potato.
Milk.

Dinner

Vegetable or cream soup.
Asparagus or string beans.
Fresh corn or a potato.
Gelatin or junket.
Milk.

FALL AND WINTER MENUS

FOR THE NORMAL YOUTH

From 5 to 10 Years of Age

BREAKFAST

Grapes, prunes, or baked apple — cream.
Cereal — small portion.
Milk.

LUNCHEON

Boiled onions.
Rice or baked beans.
Milk.

DINNER

One fresh vegetable.
Milk, fish, or an egg.
Potatoes or rice.

Unless the milk is fresh and of the best quality, Horlick's malted milk should be used in the Menus from three to ten years of age.

SPRING AND SUMMER MENUS

FOR THE NORMAL YOUTH

From 10 to 15 Years of Age

BREAKFAST

A banana or a sweet potato.
Corn cakes with butter and maple syrup.

LUNCHEON

Tender corn or wheat hominy.
Milk or eggs.
Steamed figs.

DINNER

Vegetable or cream soup.
Spinach, onions, carrots, peas, beans, asparagus. Any two of these.
A potato or whole wheat bread.

A bit of fish or chicken may be eaten now and then. Though these are not necessary as all of the meals contain sufficient proteid matter without them.

If bananas are not VERY RIPE they should be peeled and baked ten minutes.

FALL AND WINTER MENUS

FOR THE NORMAL YOUTH

From 10 to 15 Years of Age

Breakfast

A banana, with cream or nut butter.
Buckwheat cakes or graham rolls.
Honey or maple-syrup.
Milk — butter.

Luncheon

Baked sweet potatoes.
Butter.
Milk or fish.

Dinner

Carrots, parsnips, or squash.
Potatoes or corn bread, with butter.
Milk or eggs.
Nuts, raisins, and cream cheese.

SPRING AND SUMMER MENUS

FOR THE NORMAL PERSON

From 15 to 20 Years of Age

Breakfast

Cantaloupe, peaches, cherries or berries.
A very ripe banana with cream and dates or raisins.
Plain boiled wheat, or oatmeal, with cream.
Milk.

Luncheon

Home-baked beans.
Whole wheat gems.
Milk — butter.

Dinner

Cream or vegetable soup.
Asparagus or peas.
Rice or a baked potato.
Egg custard or ice-cream.
Milk, cocoa or Horlick's malted milk.

FALL AND WINTER MENUS

FOR THE NORMAL PERSON

From 15 to 20 Years of Age

Breakfast

Soaked prunes or a baked apple.
Rice or corn hominy, with cream.
Very ripe banana with nuts and cream.

Luncheon

Bran gems or whole wheat bread.
Nut butter or nuts.
Rich milk.

Dinner

Cream soup.
Winter squash or parsnips.
Sweet potatoes.
Nut bread or graham rolls.
Celery, nuts and raisins.

When the weather is cold honey or maple syrup may be added to the morning and evening meals.

SPRING AND SUMMER MENUS

FOR THE NORMAL PERSON

From 20 to 33 Years of Age

Breakfast

Cantaloupe, peaches or plums.
Coddled eggs.
Whole wheat or corn muffins.
Cocoa or milk.

Luncheon

Boiled corn.
Chicken or eggs.
Lettuce and tomato salad.
Nuts and raisins.

Dinner

A light soup.
One or two fresh vegetables.
Rice or tender corn.
Ice-cream or gelatin.

FALL AND WINTER MENUS

FOR THE NORMAL PERSON

From 20 to 33 Years of Age

Sweet russet orange on rising.

Breakfast

A very ripe banana with dates, nuts and cream.
Oatmeal or corn hominy.
Milk or cocoa.
Eggs optional.

Luncheon

Baked potato or baked beans.
Buttermilk.

Dinner

Fish or chicken broiled.
Baked potatoes white.
Sweet potato candied.
Lettuce, or celery, with nuts and raisins.

SPRING AND SUMMER MENUS

FOR THE NORMAL PERSON

From 33 to 50 Years of Age

Berries or peaches, on rising.

Breakfast

Melon or prunes.
Eggs steam poached.
Codfish or mackerel.
Graham toast.
A banana (very ripe) with nuts, cream and raisins.
A cup of Horlick's malted milk.

Luncheon

Tender corn on the cob, or turnips, carrots, peas or onions.
A pint of milk.

Dinner

Cream soup — optional.
Fresh peas, beans, cabbage, brussels sprouts, beets — any two of these.
Green corn or potato.
Lettuce and tomato salad with nuts.
Orange or peach ice.

If there is the slightest tendency toward stomach acidity or fermentation both prunes and berries should be omitted.

FALL AND WINTER MENUS

FOR THE NORMAL PERSON

From 33 to 50 Years of Age

Breakfast

Two or three eggs, coddled.
Corn or whole wheat muffins.
Sweet butter.
A cup of chocolate or cocoa.

Luncheon

Home-baked beans.
Buttermilk.
Lettuce or celery.
Figs, cheese.

Dinner

Carrots, parsnips, or cabbage.
A baked potato.
Broiled fish or nut-omelet.
Cocoa or chocolate.

Lobster, scallops, clams or crab-meat may be taken now and then instead of fish or eggs.

SPRING AND SUMMER MENUS

FOR THE NORMAL PERSON

From 50 to 65 Years of Age

Breakfast

Cantaloupe.
Dried peaches or cherries.
Wheat or corn hominy with cream.
Cocoa or cereal beverage.

Luncheon

Sweet or white potato, with butter.
Shad roe, or egg.
Cheese with water cracker.
Milk or chocolate.

Dinner

Peas, beans, asparagus, or carrots.
Lettuce or spinach.
Fresh corn, potato, or baked beans.
Chicken or duck.
Water cracker.
Cheese, raisins, nuts.
Gelatin or junket.

FALL AND WINTER MENUS

FOR THE NORMAL PERSON

From 50 to 65 Years of Age

Grapes on rising.

Breakfast

Cantaloupe or prunes.
Oatmeal or wheat hominy.
Butter or cream.
Cocoa or cereal beverage.

Luncheon

Corn hoecakes.
Fresh butter.
Buttermilk.

Dinner

Cream soup — pea or rice.
Lima beans and creamed onions.
A baked potato.
Whole wheat or bran gems.
Chicken, duck or smelts.

If breakfast is late luncheon should be very light or omitted.

SPRING AND SUMMER MENUS

FOR THE NORMAL PERSON

From 65 to 80 Years of Age

Breakfast

Melon, peaches, or berries.
Rice or a baked potato.
Whipped omelet.
Nuts, raisins, cream cheese.
Cocoa or cereal beverage.

Luncheon

A bowl of sour milk, with a sprinkle of maple sugar.
Rye bread, bran gems or corn bread.

Dinner

Cream of celery soup.
Cabbage, cauliflower, carrots, or turnips.
Potatoes.
Chicken, fish or lamb.
Steamed figs, cream cheese.

Note.— If there is a tendency toward rheumatism, gout, or lumbago, all blood meats, egg yolks and berries should be omitted.

FALL AND WINTER MENUS

FOR THE NORMAL PERSON

From 65 to 80 Years of Age

Breakfast

Soaked prunes, melon or baked apple.
Wheat, hominy or oatmeal— cream.
Eggs — steam poached.
Graham zweiback.
Horlick's malted milk.

Luncheon

Spanish onions, cooked en casserole.
Buttermilk.
Corn hoecake.

Dinner

Clam chowder, or chicken soup with rice.
Parsnips, or winter squash.
A sweet potato.
Broiled fish or chicken.
Cereal beverage.
Cocoa or chocolate.

When the weather is very cold a dessert of egg custard, gelatin, steamed figs, or raisins may be eaten with either the noon or evening meal.

CORRECTIVE MENUS

FOR YOUNG PEOPLE

10 to 20 Years of Age

Choice can be taken of the following meals.

SPRING TIME

Breakfast (1)

Flaked whole wheat, very thoroughly cooked.
Fresh butter or thin cream.
Milk (fresh)— two or three glasses.

Luncheon (1)

Baked potato or corn bread.
Omelet, very rare, rolled in cream.
Glass of milk.

Dinner (1)

Vegetable or cream soup.
Peas, asparagus or any fresh vegetable.
Potato, corn or graham.
Fish, chicken or milk, milk preferred.

Breakfast (2)

Rice well cooked, thin cream.
Milk (fresh) — two or three glasses.
Tablespoon of wheat bran cooked as a cereal, thin cream.

Luncheon (2)

Potato, whole wheat bread or baked beans.
Nut or dairy butter.
Milk or eggs.
Figs with fresh cream cheese.

Dinner (2)

Bean or potato soup.
Any fresh vegetable.
Corn muffins.
Milk or very rare omelet.

Note.— Eat plenty of fresh vegetables at the evening meal in order to balance the daily ration, as milk, eggs and cereal compose the principal part of the noon and morning meals.

CORRECTIVE MENUS

FOR YOUNG PEOPLE

10 to 20 Years of Age

Choice can be taken of the following meals.

SUMMER

Breakfast (1)
Cantaloupe.
1 egg.
Bran muffin.
2 glasses of milk.

Luncheon (1)
Tender corn,
Bowl of junket or fresh clabbered milk.

Dinner (1)
Potato — sweet or white.
Tender corn.
Beans, peas or carrots.
Milk, about 2 glasses.

Breakfast (2)
Peaches, very ripe, with whipped egg.
Whole wheat gem or cracker.
Nut butter.
Glass of milk.

Luncheon (2)
Pint of milk.
2 very ripe bananas.

Dinner (2)
Vegetable soup.
Lima beans or peas.
Milk, 2 glasses.
Gelatin with fresh peaches.
Cream.

Note.— Where fresh certified milk cannot be obtained Horlick's malted milk should be used.

CORRECTIVE MENUS

FOR YOUNG PEOPLE

10 to 20 Years of Age

Choice can be taken of the following meals.

FALL

Breakfast (1)
Baked banana with thin cream.
Farina or grits.
Fresh milk.

Luncheon (1)
Boiled rice.
Prunes (soaked).
Milk.
Bran gem.

Dinner (1)
Soup, cream of corn.
Boiled onions.
Potato or corn bread.
Carrots, parsnips or squash.
Milk.

Breakfast (2)
Banana, very ripe.
Cream.
Cereal thoroughly cooked.
Whipped egg.
Glass of milk.

Luncheon (2)
Whole wheat gems.
Nut butter.
Pint of milk.
Bran gem.

Dinner (2)
Vegetable or cream soup.
Lima beans.
Potato.
Whole wheat gem or bread.
Gelatin or junket.

CORRECTIVE MENUS

FOR YOUNG PEOPLE

10 to 20 Years of Age

Choice can be taken of the following meals.

WINTER

Breakfast (1)
Whole wheat boiled.
Butter.
Milk.

Luncheon (1)
Cream of pea soup.
Hominy or grits.
2 glasses of milk.

Dinner (1)
Soup — pea or bean.
Baked potato.
Turnips or squash.
Corn muffin.
Milk.

Breakfast (2)
Baked banana or prunes.
Baked potato.
Coddled egg.
Milk.

Luncheon (2)
Whole wheat or corn bread.
Nut butter.
Banana, very ripe.
Figs, fresh cream cheese.

Dinner (2)
Sweet potato.
Boiled onion.
Carrot or stewed pumpkin.
Whole wheat bread.
Fish or chicken.

HOT WEATHER ADVICE

Avoid sweets, especially sweet soda-fountain drinks. Sugar is composed largely of carbon, and carbon is one of Nature's greatest heat-makers.

Confine the diet largely to semi-acid fruits, fresh vegetables, green salad, milk, eggs, nuts and a very limited quantity of bread and cereal products.

Grain foods are the most difficult of all carbohydrate matter to digest and assimilate.

Drink an abundance of pure water at meals and between meals.

Avoid all mixed-up sweetened and charged water. There is nothing better than plain spring or distilled water.

Do not eat too many things at the same meal. Three or four articles are sufficient. Most people eat too many things too often and too much.

Avoid blood meats of all kinds, and eat a very limited quantity of fats.

By all means, do not overeat. Every atom of food eaten that is not used must be cast out of the body at a tremendous expense of energy. The casting off process is what we call disease.

Every housewife and mother should know enough about the chemistry of food to avoid serving at the same meal things which are chemically inharmonious.

If these simple laws were observed, sunstrokes and heat prostrations would be almost unheard of.

HOT WEATHER MENUS

FOR THE NORMAL PERSON

Breakfast

Melon, peaches or cantaloupe.
Whole wheat muffin or bran gem.
Nut butter.
Bananas with raisins, nuts and cream.

Luncheon

A glass of fresh milk.
An ear of tender corn.
Peaches with sugar and cream.

Dinner

A green salad with nuts.
Two fresh vegetables — peas, beans, or corn.
Ice cream or ices — fruit flavor.
Melon or a cantaloupe.

A glass of cool water should be drunk at each of these meals. And two or three between meals.

HOT WEATHER MENUS

FOR THE PREVENTION OF SUNSTROKE AND HEAT PROSTRATION

Peaches or Plums.

Breakfast

Cantaloupe.

One or two extremely ripe bananas eaten with nuts, cream and raisins.

Fresh milk or malted milk.

Luncheon

A green salad or spinach.

Any fresh vegetable, such as squash, onions, turnips, beets, carrots, or parsnips.

New potatoes or lima beans.

Dinner

A green salad with tomatoes and nuts.

Corn, peas, beans, or asparagus.

A potato — prepared choice.

From one to two glasses of cool water should be drunk at each of these meals.

Mastication of every atom should be complete.

Hurried eating is the most prolific cause of fermentation. Fermentation is the cause of intestinal gas, sour stomach and indigestion.

Avoid stimulants, such as tea, coffee, tobacco, beer, or liquors. See P. 127.

COLD WEATHER MENUS

FOR THE NORMAL PERSON

A bite of fruit, a cup or two of hot water and vigorous exercise and deep breathing on rising.

Breakfast

A cup of hot water.

An omelet, lightly cooked, rolled in grated nuts and whipped cream.

Waffles, or corn bread and butter.

Graham or bran gems. Honey if something sweet is desired.

Cereal beverage.

Luncheon

Baked beans with olive oil or butter.

Dinner

Vegetable soup.

Cabbage, cauliflower, or brussels sprouts.

Potato, corn or lima beans.

Corn bread, and buttermilk.

Gelatin or junket.

Nuts, raisins, cheese.

All of the articles composing the evening meal are in chemical harmony; any two or three of them will make a perfect meal.

SPRING MENUS

ATHLETIC DIET

A bit of fruit on rising.

Breakfast

Whole wheat, or oatmeal cooked overnight.
Eggs or milk.
Nuts and raisins with cream cheese.

Luncheon

Corn bread or corn hominy.
Baked beans.
Buttermilk.

Dinner

Soup — cream of rice or corn.
Peas, asparagus, or carrots.
A potato.
Lentils or spaghetti.
A red banana, very ripe.
Steamed figs or raisins.
Cheese.

SUMMER MENUS

ATHLETIC DIET

Berries, melon or peaches on rising.

Breakfast

Three whipped eggs; add sugar to taste, and flavor with fruit juices.
A pint of milk.
Graham or corn muffins, with butter.

Luncheon

Fresh corn or shelled beans.
Buttermilk.
Raisins and nuts.
Peaches and cream.

Dinner

Salad with nuts.
Peas, beans, lentils.
Fresh corn.
A sweet potato.
Cottage cheese, raisins, or figs.
Nuts.
Plain ice cream.

FALL MENUS

ATHLETIC DIET

Grapes, melon or pear on rising.

Breakfast

Corn hominy or steamed barley; butter or cream.
A quart of milk.
A red banana with cream, figs, and nuts.

Luncheon

Lentil soup.
Browned sweet potato.
Fish.
Whole wheat bread.
Dates, cream-cheese and nuts.

Dinner

Lettuce and tomato salad.
Nuts.
Green corn.
Onions, en casserole.
Rice steamed with raisins; serve with butter or cream.
Scallops, halibut or whitefish.

WINTER MENUS

ATHLETIC DIET

Orange on rising.

Breakfast

Baked chestnuts, with butter.

Two or three eggs, steam poached or whipped; add sugar and lemon juice to taste.

Whole wheat muffins.

Horlick's malted milk.

Luncheon

Baked beans.

Buttermilk.

Dinner

Soup, cream of pea or corn.

Squash, carrots or parsnips.

Fish or an omelet.

Corn bread, with butter or nuts.

Ripe olives, celery, nuts and raisins.

The primary purpose of fat in the diet is to produce body-heat. About three ounces of fat will maintain normal heat in the average-sized body for a period of twenty-four hours. The amount of fat taken by the athlete should be governed by exposure and temperature of the atmosphere. The best sources of fats are nuts, olive oil, butter.

SPRING MENUS

FOR THE NURSING MOTHER

Breakfast

Rice with cream.
Fresh milk.

Luncheon

Fresh milk or eggs: milk preferred.
Corn bread or graham rolls.
Onions creamed.
Unsalted butter.

Dinner

Cream of corn, rice or potato soup.
Spinach or turnip-greens.
A potato, peas, or asparagus.
Plain gelatin, with whipped egg whites.
Milk or chocolate.

The milk should be fresh and of the best quality.

SUMMER MENUS

FOR THE NURSING MOTHER

A very ripe, sweet peach on rising.

Breakfast

Cantaloupe.
Corn muffins.
One egg.
Fresh milk.

Luncheon

Fresh corn.
Peas, carrots, parsnips, or squash.
Fresh milk.

Dinner

Cream of corn or potato.
Fresh peas, beans, squash, parsnips, or beets.
A baked potato.
Milk.
Whole wheat gems.

FALL MENUS

FOR THE NURSING MOTHER

Breakfast

Pears or sweet grapes.
Ripe bananas with cream and figs.
Boiled rice or whole wheat hominy.
Milk.

Luncheon

Soup — cream of corn, pea or rice.
Broiled young chicken.
A baked potato.
Milk.

Dinner

Celery, or lettuce with nuts.
Fresh beans, turnips, carrots or squash.
Graham bread or baked potato.
Milk or cocoa.

If the bowels should become slightly congested clean wheat bran should be taken with every meal.

WINTER MENUS

FOR THE NURSING MOTHER

Breakfast

Soaked prunes.
A dish of cereal, well cooked — simmered over night.
Cream or butter.
Figs.
Milk.

Luncheon

Vegetable or cream soup.
Winter squash or carrots.
A sweet or a white potato.
Milk.

Dinner

Parsnips, turnips, or squash.
A potato or graham rolls.
Bran gems.
Milk. Fish or chicken.
Egg custard, if something sweet is desired.

DIETETIC DO'S

Drink water and plenty of it
Drink fresh milk
Drink buttermilk
Drink cocoa
Drink chocolate
Drink fresh fruit juices between meals
Eat honey, two tablespoonfuls a day in cold weather
Eat pure syrups, two tablespoonfuls a day in cold weather
Eat pure candy sparingly
Eat egg custard and light puddings
Eat home-made ice cream and ices
Eat gelatin
Eat junket
Eat dates, figs, and raisins
Eat dried and evaporated fruits
Eat all fresh fruits very ripe preferably between meals
Eat all berries preferably between meals
Eat all fresh vegetables
Eat home canned vegetables and fruits
Eat all green salads (lettuce, romaine, etc.)
Eat all cereals, preferably the whole grain
Eat rice, preferably the unpolished
Eat graham bread
Eat corn bread
Eat bran bread or gems
Eat whole wheat and graham crackers
Eat rye bread
Eat fresh eggs
Eat cheese
Eat fresh or dried fish sparingly
Eat fresh fowl sparingly
Eat nuts all kinds
Eat nut butter

DIETETIC DON'TS

Don't drink coffee
Don't drink Coco Cola
Don't drink tea
Don't drink liquor
Don't drink wine
Don't drink beer
Don't drink many soda fountain beverages
Don't eat much candy — pure home-made if any
Don't eat cheap candy
Don't eat cheap ice cream
Don't eat much cake
Don't eat much pie and pastry — none is better
Don't eat too much syrup. A tablespoonful twice a day
Don't eat much jellies, preserves and jams
Don't eat too much sugar. A rounding teaspoonful at each meal is enough
Don't eat pickles
Don't eat "store" catsups, sauces, and dressings
Don't eat mustard and vinegar dressings
Don't eat fried foods
Don't eat white flour bread
Don't eat hot cakes
Don't eat crullers or doughnuts
Don't eat "store" canned fruit or vegetables if you can get them fresh
Don't eat canned meat
Don't eat cold storage meats
Don't eat red meat
Don't eat acid fruits with meals
Don't eat vinegar and mustard on salads

RECIPES

BRAN GEMS

Delicious bran gems can be made from "Natural-Rising Bran Flour," which is prepared ready for use. When this cannot be obtained, one part of clean edible wheat bran and three parts of graham flour can be used.

CODDLED EGGS

Place an egg in a cup, cover with boiling water, cover and allow to stand from four to five minutes, thus cooking as the temperature recedes makes the white into a gelatinous form.

WHIPPED OMELET

Separate yolks from whites — add dessert spoon of cream and salt to taste, then whip until stiff. Just before cooking, fold in gently, stiffly beaten whites and cook rare.

SALADS

A salad as prescribed in the menus means succulent plants such as lettuce, romaine, endive, watercress, celery, tender cabbage or kale and such tubers as young carrots, radishes and onions, or any fresh vegetables that can be eaten uncooked.

Salads should be eaten with nuts, ripe olives, plain olive oil or nut butter.

MALTED MILK

Stir two heaping teaspoonfuls of the Milk Powder into a cup of hot water.

BUTTERMILK

Allow fresh milk to coagulate or thicken, whip with a rotary egg beater without removing the cream.

CLABBERED MILK

Put milk in bowl, cover and allow to thicken as in recipe for buttermilk. Do not whip. Serve with a sprinkle of sugar or cream if desired.

SASSAFRAS TEA

A delicious beverage is made from the root or the bark of the root of the red sassafras. It is brewed or steeped in the same way as ordinary tea. The sassafras root contains a light essential oil, mildly stimulating and gives off a delightful and appetizing odor.

WHEAT HOMINY

Boil the plain wheat berry 5 or 6 hours, then place in a double boiler and cook until the grains are reduced to a hominy.

COOKING EN-CASSEROLE

The casserole dish is a great improvement over the old method of cooking. It preserves the flavor and the mineral salts, cooking the article in its own juice. Everything possible should be cooked in the casserole dish.

SOAKED PRUNES

Place prunes in a deep vessel, cover with hot water and allow to stand 12 to 18 hours.

MALTED MILK

Horlick's Malted Milk is an article of food that occupies an individual place in the diet. It is made of pure full cream milk and the malt of barley and wheat, hence it supplies protein carbohydrates and fats in a most soluble and readily digestible form.

It is my duty to reproduce in this work the exact menus that brought relief to so many sufferers for whom I prescribed a diet.

If my endorsement of Horlick's helps either the sick or the well to secure the best there is, I will be repaid and if it helps the good old concern that has given to the world a good wholesome article of food, *they have earned it.*

SCIENTIFIC REASONS WHY TOBACCO, LIQUOR, TEA, COFFEE, AND LAXATIVE DRUGS SHOULD NOT BE USED.

It does not satisfy the inquiring mind to say that coffee, tea, liquor, tobacco and laxative drugs are injurious — they demand and have the right to know why.

But few intelligent people would persist in the use of these things if they knew exactly the physiological action that takes place in the stomach and in the blood when these poisons are used.

The temperance people merely point to widows and graveyards for their argument, while the doctors command you to quit.

But few people are interested in the dead and still fewer wish to obey a command. In view of these facts I give the scientific reasons why these drugs are injurious.

The active principle or poison in all of the above named articles is a chemical known as alkaloid.

COFFEE

Caffeine is the alkaloid in coffee. This is a stimulant, that is to say, it is a poison. Nature's method of combating an alkaloidal poison is with an acid, therefore when coffee is taken into the stomach it causes an excess of hydrochloric acid; this causes fermentation and gas. The gas collects in the transverse colon and causes irregular heart action, dizzi-

ness, vertigo and sometimes complete heart failure and death. The excess of acid also causes stomach irritation; chronic irritation is catarrh, chronic catarrh is ulcer and chronic ulcer is cancer. Irritation of the stomach causes nervousness, insomnia, mental depression, melancholia, irritable temper, loss of memory and general enemia. While coffee alone does not always produce these conditions it augments them and is one of the primary causes.

TEA

Thein is the alkaloid (poison) found in tea and is chemically almost identical with the caffeine of coffee, therefore its effect upon the body, though slightly milder, is the same.

Tannin is another poison found in tea. The effect upon the stomach of this chemical can be imagined when it is stated that tannin is the essential element used in tanning leather and from which the tanning process derives its name.

LIQUOR

Alcohol is the alkaloid (poison) and active principle in liquors, wines, beers and all intoxicants. These poisons taken into the stomach produce many of the same effects as coffee, but they are more active and violent. The alcohol enters the blood by absorption without chemical change. Nature quickens the heart action and the circulation, thus forcing the blood to the lungs more rapidly so as to burn or

oxidize the alcoholic poison. This accounts for the exhilarating effects they produce.

By stimulating heart action, liquor may stimulate thought, but the blood and brain thus constantly poisoned will decline in quality and all the physical powers and finer emotions will gradually degenerate.

TOBACCO

Nicotin is the alkaloid in tobacco. This is one of the most virulent poisons known to the science of chemistry. One grain of nicotin taken directly into the blood will produce death almost instantly.

Nicotin produces a sedative effect upon the body and preys with great violence upon the optic nerves, and more than any other poison known destroys the white corpuscles and the albumen of the blood and weakens the reproductive of sex power.

LAXATIVE DRUGS

All laxative remedies including magnesium sulphate (Epsom Salts) produce bowel activity because they are poisons.

These remedies do not act upon the bowels as popularly supposed, but the bowels act upon them and casts them out because they are an offense to Nature.

Any drug or herb strong enough to move the bowels if absorbed directly into the blood would produce death within a few hours, but in order to prevent their absorption Nature throws into the intestinal tract a large amount of water drawn from every part of the body thus washing out the offending poison

along with the feces. The body thus robbed of its natural moisture undergoes a rapid loss of weight.

Each time the bowels are moved by the use of laxative drugs makes liver action and natural intestinal peristalsis more difficult.

A few tablespoonfuls of plain wheat bran taken with the morning and evening meal will regulate the bowels and will at the same time supply the body with iron phosphates and mineral salts, all of which are valuable food elements.

Laxative drugs poison and weaken the body, while bran nourishes and strengthens the body.

NERVOUSNESS

Nervousness is caused chiefly by superacidity in the stomach followed by fermentation which irritates the mucous lining of the stomach and entire intestinal tract. The millions of nerve fibers leading out from these organs to every part of the body, especially to the brain become irritated also, and produce a sympathetic condition called nervousness.

COATED TONGUE

A white coating on the tongue signifies too much acid or predigestion, that is, the food has passed from the stomach too rapidly, leaving a residue of clear hydrochloric acid, which preys upon the stomach walls and is reflected on the tongue in the form of a white coating.

A brown coating signifies indigestion or decomposition of food in the stomach.

COLDS — THE CAUSE

Colds come from two causes, viz: exposure and over-eating. It would be difficult for one to catch cold whose blood was not laden with material that the body could not appropriate. The surplus matter passed into the blood for which the body has no need is brought to the lungs to be oxidized by the air we breathe; if all this surplus cannot be thus consumed it suppurates and is thrown off in the form of mucous which process we call "a cold." The familiar "stuffy" or "stopped up" feeling is a congestion of this surplus, or effete matter throughout the circulatory system. Exposure augments this condition. If the blood is kept pure and free from all excessive nutrition which is treated as foreign matter, there is little danger of colds even from exposure.

COLDS — THE REMEDY

In cases of severe cold all solid food should be omitted for one day, or until the cold is broken up, the diet should be very light, consisting of watery vegetables, fruit and fruit juices. Exercise, fresh air and deep breathing should be taken liberally.

RHEUMATISM

Egg yolks, red meat, acid fruit, coffee, liquor and cereal starch (white bread) make rheumatism, stiff joints, gout, lumbago and premature old age.

VALUE OF WATER DRINKING

The normal human body is about 68% water, therefore each meal to be well balanced should carry 68% moisture. This prevents acid fermentation, constipation, intestinal gas, and it aids digestion, assimilation and metabolism.

Three or four glasses of water should be drunk soon after rising and the same quantity between each of our meals.

WHAT THE WEIGHT SHOULD BE ACCORDING TO HEIGHT

THE FOLLOWING TABLE GIVES THE NORMAL WEIGHT OF NATURAL HEALTHY ADULTS. ALSO THE WEIGHT CONSIDERED THIN AND OBESE. ACCORDING TO THE OLD GREEK STANDARD.

Height		Males, Weight			Females, Weight		
Feet	Inches	Thin	Fat	Normal	Thin	Fat	Normal
5–	.....	95	126	110	93	122	111
5– 1	.....	98	132	115	94	128	116
5– 2	.....	100	138	120	96	134	118
5– 3	.....	106	144	125	102	140	121
5– 4	.....	110	149	130	105	145	126
5– 5	.....	114	155	135	109	151	131
5– 6	.....	116	158	138	112	154	134
5– 7	.....	118	161	140	114	157	136
5– 8	.....	121	164	143	117	160	140
5– 9	.....	126	173	150	123	169	145
5–10	.....	131	178	155	126	173	150
5–11	.....	133	184	160	128	179	155
6–	.....	136	190	165	131	185	160
6– 1	.....	140	192	170	135	187	165
6– 2	.....	148	201	175	143	196	170
6– 3	.....	152	207	180	147	200	175

THE END

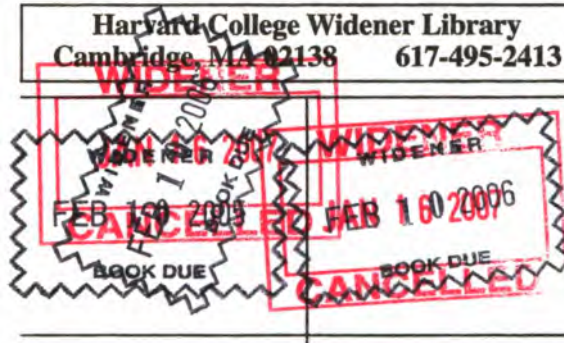
Schultes 4-23-21 DFD

3 2044 074 332 149

The borrower must return this item on or before the last date stamped below. If another user places a recall for this item, the borrower will be notified of the need for an earlier return.

Non-receipt of overdue notices does ***not*** *exempt the borrower from overdue fines.*

Harvard College Widener Library
Cambridge, MA 02138 617-495-2413



Please handle with care.
Thank you for helping to preserve library collections at Harvard.